What you need to know about coronavirus disease 2019 (COVID-19)

We’re all in this together. And at Atrium Health, we’re here to make sure you and your family are safe, cared for and informed. Here’s what you need to know right now.

Common symptoms of coronavirus
It’s important to remember that not everyone has all of these symptoms. Some children have only one or a few symptoms.

- Fever
- Chills
- Headache
- Cough
- Repeated shaking with chills
- Shortness of breath or difficulty breathing
- Muscle pain
- Nausea or vomiting
- Diarrhea
- Sore throat
- New loss of taste or smell
- Congestion or runny nose

What to do if you feel sick

Stay home
If you feel sick at school, tell your teacher. If you feel sick at home, tell your parents or guardian. Most people with COVID-19 have mild to moderate symptoms and can get better at home. Rest up and stop germs from spreading by staying home and away from others for 14 days.

Tips for staying healthy

- Wash your hands for 20 seconds with soap and warm water
- Don’t touch your face
- Stay 6 feet away from others who aren’t masked
- Wear a mask or cloth face covering when you’re around others who don’t live in your home

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