

COVID-19 (Coronavirus)

What is COVID-19?

COVID-19 is the name of the infection caused by the SARS-CoV-2 coronavirus. Coronavirus causes illnesses that affect your lungs making it hard to breathe. Some of these viruses spread easily from person to person.

How is COVID-19 Spread?

The virus that causes COVID-19 is thought to spread from person to person, mainly through respiratory droplets in the air produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled (breathed) into the lungs.

The virus is more likely to spread when people are in close contact with one another (within about 6 feet).

What are the Symptoms of COVID-19?

Current symptoms reported for people with COVID-19 have included:

- fever
- cough
- trouble breathing or shortness of breath
- other symptoms include muscle aches, headache, sore throat, diarrhea, or loss of taste or smell.

Symptoms range from mild to severe.

Is There a Test for COVID-19?

Testing is available for COVID-19. Because it is not widely available in all areas, testing may be limited to:

- people admitted to hospitals
- nursing home residents
- health care workers.

The test most often used to confirm a COVID-19 infection is done by collecting a sample using a swab through your nostril. This swab is designed to go through your nostril to the back of your nose and throat.

The swab may be uncomfortable. It can cause coughing and watery eyes.

Can COVID-19 be Treated?

There is no widely available treatment at this time. Several medicines are being tested to see if they may help treat COVID-19 infections.

Is There a Vaccine?

No vaccine is available. Researchers are working to develop a COVID-19 vaccination.

What is Allina Health Doing to Prevent COVID-19 Infection?

Hospitals, clinics and other health care facilities have taken many steps to reduce the risk of COVID-19 infections spread among health care workers and patients.

- Health care workers caring for patients with COVID-19 will wear personal protective equipment such as gowns, gloves, eye protection and masks or respirators.
- All staff at Allina Health hospitals and clinics are asked to wear a mask, even when they are not caring for patients.
- All patients and visitors are asked to wear masks when in the hospital or clinic, even if they do not feel sick. Wearing masks helps to prevent COVID-19 from spreading from person to person. Someone can be infected COVID-19 and not have symptoms.

Can You Have Visitors in the Hospital?

No visitors are allowed at this time. Compassionate exceptions can be made by talking with the nursing unit manager or supervisor.