

COVID-19 Fact Sheet

What is COVID-19?

COVID-19 (coronavirus disease 2019) is a respiratory illness caused by the SARS-CoV-2 virus. COVID-19 spreads year-round in Montana, but activity usually peaks between July and December.

What are the Symptoms of COVID-19?

COVID-19 symptoms appear more gradually and may include:

- Fever or feeling feverish/chills
- Cough
- Shortness of breath
- Sore throat
- Runny or stuffy nose
- New loss of taste or smell
- Fatigue (tiredness)
- Muscle or body aches
- Headaches
- Nausea, vomiting, or diarrhea



When to Seek Emergency Care

COVID-19 can cause severe illness such as pneumonia and bronchiolitis. **Call your healthcare professional if you are having difficulty breathing, high fever, dehydration, chest pain, or other severe or worsening symptoms.**

What to Do If You Test Positive

Individuals with COVID-19 should take steps to relieve their symptoms, including:

- **Manage fever and pain** with over-the-counter fever reducers and pain relievers, such as acetaminophen or ibuprofen. **Never give aspirin to children.** Talk with a provider before giving a child a non-prescription cold medicine.
- **Drink fluids.** It is important for people with COVID-19 to drink enough fluids to prevent dehydration.

Individuals with COVID-19 should **stay home and away from others until they have been fever-free for at least 24 hours without the use of a fever-reducing medication** and have an improvement in symptoms.

Important Information



Emergency: 911



Poison Control: 1-800-222-1222



Closest Emergency Provider:

Name:

Address:

Phone Number:

This guidance is for members of the general public.