



Coronavirus Disease 2019 (COVID-19)

Frequently Asked Questions

Updated April 23, 2020

Under Governor Larry Hogan’s direction, state agencies continue to develop comprehensive and coordinated prevention and response plans for coronavirus disease 2019 (COVID-19).

The Maryland Department of Health (MDH) will communicate directly with the public, providing updates as this situation develops and accurate information about how to protect yourself and your family.

If you have questions about COVID-19 that are not answered here, call your local health department or dial 2-1-1.

What is COVID-19?

COVID-19 is a disease caused by a respiratory virus first identified in Wuhan, Hubei Province, China in December 2019. COVID-19 is a new virus that hasn’t caused illness in humans before. Worldwide, COVID-19 has resulted in thousands of human infections, causing illness and in some cases death. Cases have spread throughout the world, with more cases reported daily.

What is the current COVID-19 situation in Maryland?

Up-to-date information about testing and case counts in Maryland are available at coronavirus.maryland.gov. The page is updated daily.

On March 30, Gov. Hogan issued a Stay at Home order. Maryland residents should not leave their home unless it is for an essential job or for an essential reason, such as obtaining food or medicine, seeking urgent medical attention, or for other necessary purposes. More information about the stay at home order is available at <https://governor.maryland.gov/wp-content/uploads/2020/03/Gatherings-FOURTH-AMENDED-3.30.20.pdf>

On March 5, Gov. Hogan declared a state of emergency to further mobilize all available state resources. The declaration officially authorized and directed the MDH and the Maryland

Emergency Management Agency (MEMA) to ramp up coordination among all state and local agencies. The declaration also enables MDH and MEMA to fast-track coordination with our state and local health departments and emergency management teams.

Up-to-date information about the Hogan administration's ongoing response to COVID-19 is available at <https://governor.maryland.gov/coronavirus/>.

What are risk factors for serious illness from COVID-19?

Everyone is at risk for COVID-19. However, symptoms can range from mild to severe and may have different complications for each person.

Older people, age 60 and above, and those with pre-existing medical conditions have a higher risk for serious illness from COVID-19. Examples of pre-existing medical conditions include: cancer, diabetes, heart disease or other conditions impacting the immune system's ability to fight germs.

While older people and those with pre-existing conditions are at a higher risk, current MDH data shows that the majority of infections are in adults under 60 years of age. People of all ages need to practice social distancing to prevent the spread of COVID-19.

How does COVID-19 spread?

COVID-19 is thought to be able to spread like the cold or flu through:

- coughing and sneezing, which creates respiratory droplets
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it

What are the symptoms of COVID-19?

- Fever
- Coughing
- Shortness of breath
- In more severe cases, pneumonia (infection in the lungs)

What should I do if I think I am sick with COVID-19?

If you become sick with fever, cough or have difficulty breathing, contact your health care provider, especially if you are over 60 years of age or have pre-existing medical conditions. If you do not have a health care provider, contact your local health department. Follow these steps:

- Call your health care provider, local health department or emergency room before you go
- Tell them about your symptoms, any recent travel and close contacts (such as people in your household)
- Wear a mask

If someone has COVID-19, what will happen to them?

The vast majority of people recover from this infection. Most people will have mild or moderate symptoms. Most people may be advised to recover at home and isolate themselves from others. These individuals should call their physicians or health care practitioners if their symptoms get worse.

Some COVID-19 infections can lead to serious illness, and in some cases death. If someone has a more serious illness from COVID-19, they may be admitted to the hospital.

Should I wear a face mask?

On April 15, Gov. Hogan issued an executive order directing that effective April 18, all Marylanders are required to wear face coverings when inside retail establishments or when riding any form of public transportation in the state. Read the executive order at

<https://governor.maryland.gov/wp-content/uploads/2020/04/Masks-and-Physical-Distancing-4.15.20.pdf>

Cloth face coverings can be made from household items and include wearing a scarf or bandanna that covers the nose and mouth. The CDC has detailed guidance and instructions regarding homemade cloth face coverings available at

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. People with disabilities who are unable to wear a mask are provided reasonable accommodations per the Americans with Disabilities Act.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should I cancel plans to travel?

The Centers for Disease Control and Prevention (CDC) is updating travel advisories as warranted.

CDC does not generally issue advisories or restrictions for travel within the United States.

However, cases of coronavirus disease (COVID-19) have been reported in all states, and some areas are experiencing community spread of the disease.

Visit the CDC travel advisory page on domestic travel:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

At this time, the CDC recommends that travelers avoid all nonessential international travel. If you must travel:

- Avoid contact with sick people.
- Avoid touching your eyes, nose, or mouth with unwashed hands.

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.
- Avoid traveling if you are sick.

People who are at increased risk for serious illness are also advised to avoid nonessential air travel.

CDC recommends travelers [defer all cruise ship travel worldwide](#).

Visit the CDC travel advisory site to check on current travel warnings if you are planning a trip abroad: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

What can I do to protect myself and others?

Take everyday preventive steps to slow the spread of COVID-19:

- Wash your hands often with soap and warm water for at least 20 seconds
- Use an alcohol-based hand sanitizer with at least 60 percent alcohol if soap and water are not available
- Cover your coughs and sneezes with a tissue, your sleeve or your elbow
- Avoid touching your eyes, nose and mouth
- Clean and disinfect frequently touched objects and surfaces using standard cleaning practices
- Avoid close contact with people who are sick
- If you are sick, stay home, except when seeking medical care
- Practice social distancing — keep distance between yourself and others and avoid crowds

What is social distancing?

The best way to slow the spread of COVID-19 is through “social distancing,” which means avoiding close contact with others. Social distancing can take many forms, depending on your lifestyle and your family or living situation. Social distancing can include the following habits and steps:

- Avoid handshaking, hugging and other intimate types of greeting
- Avoid non-essential travel (your health care provider may have specific guidance for your situation)
- Avoid crowds, especially in poorly ventilated spaces
- Avoid unnecessary errands — consider ways to have essential items, like food and other household supplies, brought to you through delivery services or through family or social networks

As a preventive measure to slow COVID-19 outbreaks, Governor Hogan has banned gatherings of more than 10 people, and closed restaurants, bars and movie theaters. Schools are also closed to avoid social contact with schoolchildren and staff.

It is recommended that those at a high risk of becoming seriously ill from COVID-19 stay home as much as possible and contact their health care provider.

While social distancing and self-quarantine are needed to limit and control the spread of the disease, social connectedness is important. Virtual resources can and should be used during this time. Talk to your friends and family on the phone or over video to stay connected.

Is there a vaccine or medicine I can get for COVID-19?

Not yet, because COVID-19 is a new disease. However, many experts are at work developing one. As with any new vaccine, it must be tested to make certain it is safe and effective. It may take more than a year for a COVID-19 vaccine to become readily available.

There is also no specific medicine currently available to cure COVID-19. However, people who have COVID-19 should seek medical care to help lessen the severity of their symptoms.

How can I be more prepared for COVID-19?

- Have an adequate supply of nonprescriptive drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines
- Check your regular prescription drugs to make sure you have an adequate supply; refill your prescriptions if needed
- Have a thermometer, tissues and hand sanitizer in case you become ill and must stay at home to recover
- Talk with family members and loved ones about how they would be cared for if they got sick and what will be needed to care for them at home
- Have a two-week supply of water and food available at home

Can I get tested for COVID-19?

Not everyone needs testing for COVID-19. If you have a fever and are experiencing a cough or shortness of breath, call your health care provider. They will ask you some questions to determine whether you need a test.

Stay home and avoid close contact with others if you are feeling ill, unless your medical provider tells you to go for a test or come to the office for treatment.

Will the Maryland Department of Health test animals for coronavirus?

In accordance with current federal guidelines, the Maryland Department of Health will not be testing the general companion animal population. To date, there is no evidence that domestic animals, including pets, can spread the SARS-CoV-2 (COVID-19) virus. Because the situation is ever-evolving, public and animal health officials may decide to test certain animals out of an abundance of caution. The decision to test will be made collaboratively between local, state and/or federal public and animal health officials.

For more information, please visit the AVMA COVID-19 website at <https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19>.

Is there anything else I should know?

Do not stigmatize people of any specific ethnicities or racial background. Viruses do not target people from specific populations, ethnicities or racial backgrounds.

Stay informed and seek information from reliable, official sources. Be wary of myths, rumors and misinformation circulating online and elsewhere. Health information shared through social media is frequently inaccurate, unless coming from an official, reliable source such as the CDC, MDH or local health departments.

Are there additional resources available for specific groups, such as businesses?

The CDC provides current information about COVID-19 at [cdc.gov](https://www.cdc.gov).

Businesses

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>

Pregnant Women, those who are breastfeeding, and children

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnant-women.html>

Schools

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html>

Travelers

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html>

Weekly Updates

To receive the weekly email about COVID-19, enter your email address and type “COVID-19” in the search box at this URL:

https://tools.cdc.gov/campaignproxyservice/subscriptions.aspx?topic_id=USCDC_2067