



# Technical Bulletin: 1

## Coronavirus

### What is Coronavirus

Coronaviruses are a family of viruses that cause mild to severe respiratory illness. Strains that cause mild illness are commonly in circulation throughout the year. A newly identified strain causes a respiratory disease known as COVID-19.

### Symptoms can present themselves as

- Cough
- Fever
- Shortness of breath
- Muscle aches
- Sore throat
- Loss of taste or smell
- Diarrhea
- Headache
- COVID-19 can lead to severe respiratory problems, kidney failure, or death.

### How is Coronavirus Spread

This new coronavirus is spread through aerosols that are released into the air when an infected person coughs, sneezes, or breathes. Droplets tend to travel only a few feet before falling to the ground or within a few seconds onto surfaces. People can spread the virus even without showing symptoms.

The virus is mainly spread through human-to-human contact and can be contracted by touching the face after coming in contact with a contaminated person or surface. Potential hazards are high-touch surfaces, such as elevator buttons, door handles, keyboards, phones, etc.

### How to protect yourself against Coronavirus

According to the CDC, the best way to protect yourself from COVID-19 is by avoiding exposure. This can best be done by practicing social distancing and staying home. For those who need to work or otherwise leave their homes, social distancing is not always possible.

When social distancing isn't possible, wearing proper PPE and maintaining environmental hygiene are part of next best practices. Disinfecting high-traffic areas is crucial in slowing the spread of COVID-19 and should be done frequently.

**See the [CitySafe Partners](#) catalog for PPE and cleaning services best for you.**

This document is provided for general information purposes only and is not meant to provide any form of medical advice.

References Centers for Disease Control (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html>  
World Health Organization (WHO) <https://www.who.int/health-topics/coronavirus>

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