

COVID-19 Frequently Asked Questions

SD DEPARTMENT OF HEALTH

SYMPTOMS AND POTENTIAL EXPOSURE

What are the symptoms of COVID-19?

Symptoms appear 2-14 days after exposure and can include:



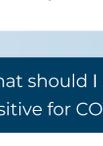
- ✓ Fever or chills
- ✓ Cough
- ✓ Shortness of breath
- ✓ Fatigue
- ✓ Muscle/body aches
- ✓ Headache
- ✓ New loss of taste or smell
- ✓ Sore throat
- ✓ Congestion or runny nose
- ✓ Nausea or vomiting
- ✓ Diarrhea



Reported COVID-19 cases have ranged from mild symptoms to severe illness and death. Some infected individuals experience no symptoms at all.

Can I do a self-screening for COVID-19 symptoms and risks?

The Centers for Disease Control and Prevention has developed a [screening tool](#) that asks about:



Your symptoms



Your potential risks (e.g., recent travel history)



Contact with others who may have had COVID-19

Based on your answers, the tool helps identify your recommended next steps.

What should I do if I have been in close contact with someone who has tested positive for COVID-19 or is waiting for test results to come back?

What should I do if I've been in contact with someone...

...who has tested positive for COVID-19?

...who is being tested?

...who might have been exposed...

...who has been in close contact with someone **else** who might have been exposed?

...and is experiencing symptoms?

...but is **not** experiencing any symptoms (yet)?

Self-quarantine and self-monitor

Self-monitor and practice social distancing

Practice social distancing

"Close contact" includes:

- ✓ anyone who has been within 6 feet or less for 15 cumulative minutes or more (in a 24-hour period) of an infected person starting from the 48 hours before the person began feeling sick until the time the person was isolated.

How long can the COVID-19 virus live on surfaces?

This is a general guide of how long the virus can live on some surfaces:



Individuals should [clean and disinfect](#) all surfaces in their environment daily.

After visiting public spaces or bringing in takeout food or packages, people should wash their hands for at least 20 seconds with soap and warm water.



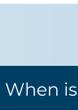
Can I practice social distancing outside?

It's possible to follow CDC social distancing guidelines or isolation or quarantine while outdoors. Department of Health staff will provide instructions to individuals who are in isolation or quarantine specific to the person's situation.

What is the difference between isolation and quarantine?



Isolation is recommended for people who are already sick. A sick person who is in isolation doesn't leave home or interact with others in the household.



Quarantine is for people who have been exposed to the disease but are not sick. They stay in one place to avoid unknowingly spreading the disease to others. Quarantined individuals may not become sick at all.



Isolation and quarantine both help prevent or limit the spread of disease. [Click here](#) to learn more.

When is a person considered recovered from COVID-19?

A person is considered recovered when they have had no fever for at least 24 hours (without the use of medicine that reduces fevers), AND there has been improvement of symptoms (for example, when your cough or shortness of breath have improved), AND at least 10 days have passed since symptoms first appeared.

Why does the Department of health issue public health notices identifying a business as a source of potential COVID-19 exposure in some situations but not others?



When possible, the Department of Health contacts individuals who have come into contact with (15 or more minutes within 6 feet or less) a contagious person so they can monitor their own symptoms or quarantine themselves. They do not issue a public health notice if all close contacts can be identified.

If an employee or patron of a business who has had a positive test for COVID-19 can't identify persons they were in close contact with while able to transmit the virus, the Department of Health will issue a public health notice.

What does "flattening the curve" mean?

Flattening the curve refers to reducing the rapid transmission of COVID-19 and preventing a surge in hospitalizations that could put strain on hospitals and resources.



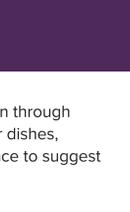
SOCIALIZING

Is it safe to resume activities like shopping, outdoor recreation, dining out, going to church, holiday parties, attending school events, etc.?

There is no way to ensure zero risk of COVID-19 infection for individuals in their day-to-day lives. The risk of an activity depends on many factors, such as level of COVID-19 spread in your community, whether you or people you live with are at greater risk of serious illness because of age or pre-existing health conditions, how many people are involved in the event or activity, and whether physical distancing (at least 6 feet) is possible. For more information on things individuals should consider for social activities during COVID-19, [click here](#).

Are some activities safer than others?

Activities are safer if you can maintain at least 6 feet of space between you and others, because COVID-19 spreads easier between people who are within 6 feet of each other. Indoor spaces with less ventilation where it might be harder to keep people apart are more risky than outdoor spaces. Interacting without wearing cloth face coverings also increases your risk. In general, **the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread**. As a reminder, if you have COVID-19, [have symptoms consistent with COVID-19](#), or have been in [close contact](#) with someone who has COVID-19, it is important to stay home and away from other people.



FOOD SAFETY

Can COVID-19 be spread through food like restaurant take out or refrigerated/frozen packaged food?



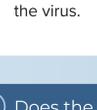
Coronaviruses are believed to spread from person to person through respiratory droplets (coughing, sneezing, sharing utensils or dishes, breathing in close quarters, etc.). There is no current evidence to suggest COVID-19 can be spread through food.

Anyone handling, preparing, or serving food should follow safe food handling procedures while washing hands and surfaces. Before preparing or eating food, you should wash your hands with soap and water for at least 20 seconds.



It may be possible for someone to contract COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes, but this is not thought to be the main way the virus spreads.

If a worker in a meat or food processing plant became infected with coronavirus, would the food processed at that facility be safe to eat?



Public health and food safety experts do not have any evidence to suggest that COVID-19 can be transmitted by food or food packaging.

CARE19 DIARY APP

What is the Care19 Diary app?

[Care19 Diary](#) is a location logging app for your mobile device that serves as a tool to speed up the disease investigation process should you test positive for COVID-19. The app helps users log and categorize locations they have visited for at least 10 minutes.

One of the most effective tools we have in our battle against COVID-19 is the ability to isolate people who have contracted the virus and notify others they came into contact with so that they can quarantine. The more effective the Department of Health can be at identifying people who have been exposed to COVID-19, the easier it will be to reduce the spread of the virus.

Does the Care19 Diary app share my personal information?

No. Your information is 100% anonymous and will be used in an aggregated form. If you test positive for the virus, you can choose to make your location data available at your discretion to the South Dakota Department of Health.



Is my data safe?



Yes. This is an anonymous, voluntary "opt-in" opportunity. All users are assigned a unique Care19 ID number upon startup of the app. There is no name, contact information, or credit card associated with your unique Care19 ID number. Care19 Diary logs your location while protecting your data. Users can opt out at any time. If an individual using the app tests positive, the Department of Health staff will ask if they consent to provide their location history to help with contact tracing.

If I change my mind, can I uninstall Care19 Diary and delete all data it collected?

Yes. This application, like any other, may be deleted at any time from your device. You can also navigate to the "About" screen in the application to see the data that has been collected from your app use and delete it if you wish.

GENERAL RESOURCES

Where can I go for emotional health support?

If you or someone you know [needs help](#) with mental health issues like depression, anxiety, or suicidal thoughts, call 1.800.273.8255.

It's natural to feel stress, anxiety, grief, and worry during this time. Everyone reacts differently, and your own feelings may change over time. Taking care of your emotional health will help you think clearly and react to urgent needs to protect you and your family.

[605Strong.com](#) has emotional health information and resources available to help.

READ SOUTH DAKOTA'S BACK TO NORMAL PLAN AND LEARN MORE ABOUT COVID-19 IN SOUTH DAKOTA AT

COVID.sd.gov

