



# Office of the At Large Congressional District of Alaska

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## Coronavirus Information

### TOP RESOURCES

#### Alaska

Latest [updates](#) from the Alaska Department of Health and Social Services

#### United States

Latest [updates](#) from the U.S. Centers for Disease Control and Prevention (CDC)

#### Global

Latest [updates](#) from the World Health Organization (WHO)

### HOW TO PROTECT YOURSELF

Every person has a role to play, and much of protecting yourself and your family comes down to these common-sense steps:

- Wash your hands with soap and water.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay away from work, school, and people if you become sick with respiratory symptoms such as fever and cough.
- Follow guidance from public health officials.

### ABOUT COVID-19

The family of coronaviruses has been around for some time. Some coronaviruses, like the ones that cause the common cold, are common. Coronavirus Disease 2019, or COVID-19, is a new kind of coronavirus.

The most common symptoms include fever, cough, and respiratory symptoms. The experience to date is that more than 80 percent of people have mild or no symptoms, but some have a more complicated course, including pneumonia.

We are learning more about the transmission of COVID-19 by asymptomatic persons, but its primary mode of transmission is through coughing and sneezing.