WHAT IS SARS?

Severe Acute Respiratory Syndrome (SARS) is a viral illness spread from person to person. People with SARS have fever, chest, and other symptoms. SARS can lead to a deadly form of pneumonia.

HOW DOES SARS SPREAD ?

The SARS virus is spread by body fluids through coughing, sneezing, or speaking. SARS might be spread by touching objects used by SARS patients such as tabletops. The SARS virus can live on surfaces for several hours.

WHAT ARE THE SIGNS AND SYMPTOMS OF SARS?

Fever (100.4 °F or above), muscle pain, headache, feeling very tired, stomach upset with diarrhea, difficulty breathing, shortness of breath, and dry cough.

HOW LONG DOES IT TAKE TO BECOME SICK FROM SARS?

It takes about 2 to 10 days to develop SARS after coming into contact with the SARS virus.

WHO SHOULD BE CONCERNED?

If you think you or someone you know might have been exposed to SARS or you have SARS symptoms, ask these questions:

1. Have you traveled in the past 10 days to a place where people have or had SARS?
2. Are you a health care worker?
3. Have you had contact (within 3 feet) of someone who has SARS or who has pneumonia that might be SARS?

If you answered **YES** to 1 or more of these questions you should:

- If you might have been exposed but don't have SARS symptoms, be watchful for SARS symptoms. Take your temperature if you feel ill.
- If you have symptoms, talk with your health care provider, your hospital infection control department, or public health department. Do this by phone BEFORE you go to their office or clinic.

SARS PATIENTS SHOULD:

- Stay at home until10 days after fever and lung/chest symptoms have cleared.
- Cover mouth/nose with disposable tissues when coughing or sneezing.
- Wear a surgical mask if able.
- Wash hands frequently.

If you answered **NO** to all of these questions, your risk for SARS is low.