



## Prevent COVID-19 Infection

**Help prevent COVID-19 on the Appalachian Trail!**

Physical distancing, wearing a mask and proper hygiene—hand washing with soap and water or using hand sanitizer—is key to preventing the spread of the disease. Also, be aware that *most water filters do not filter viruses*.

**Please be informed! Read the following information carefully.**

COVID-19 can cause people to have serious respiratory problems and other complications which can be deadly.

COVID-19 is primarily transmitted by aerosol spread of the virus by coughs and sneezes, but this virus may also be on surfaces that have been contaminated by ill people. Outbreaks are more likely in areas with multiple people in small spaces, such as shelters, hostels and shared rides.

**Most common symptoms:** Fever or chills, cough, shortness of breath or difficulty breathing,

**Other symptoms:** fatigue, muscle or body aches, headache, vomiting or diarrhea, new-onset loss of taste or smell

### How COVID-19 is spread:

- By being in close proximity to or touching an infected person and inhaling virus they exhale. This is the most common way COVID-19 is spread.
- By touching contaminated surfaces and then touching your mouth, nose, or eyes. *COVID-19 can stay on surfaces and objects and still infect people after one or two days. However, this is a less common way for COVID-19 to spread.*

### Prevent getting and spreading COVID-19 through good hygiene practices:

- Physically distance (at least 6 feet) from strangers, even if you wear a mask.
- Wear a mask when in town or around strangers.
- Wash hands with soap and water often. Alcohol-based hand sanitizers may be used if soap and water are not available. Use biodegradable soap at least 200 feet (80 steps) from a water source.
- Avoid sharing water bottles, eating utensils, food and personal items and gear.

### What to do if you get COVID-19 symptoms:

- Leave the A.T. at the first available exit and seek medical treatment. Call ahead if possible. Be sure to tell anyone you ask for a ride, and the staff at the medical facility, you believe you have COVID-19 symptoms.
- Protect other people from your possible COVID-19 infection. Stay away from others whenever possible. Wear a mask when near other people, on a ride, and visiting a medical facility. Avoid visiting the usual in-town destinations (restaurants, stores, etc.) until you have been evaluated by a healthcare professional.
- Avoid contamination of common areas (e.g., shelters and privies); camp away from others.
- Follow the doctor's orders, including time to quarantine and when or if it is OK to return to the A.T.

Please report date and location of any cases of potential COVID-19 on the A.T. or at places used by A.T. hikers (e.g. hostels) to the local health department and ATC at [covid-19@appalachiantrail.org](mailto:covid-19@appalachiantrail.org). Your prompt report will help stop potential outbreaks. Thank you!