COVID-19

Protect yourself and loved ones

Help prevent the spread of respiratory diseases like COVID-19

How does it spread?

It's spread in a similar way to colds and the flu. This can be via droplets from coughs and sneezes, and by touching or shaking hands.

Anyone infected can pass it on to any surface or person they breathe on or touch.

+ WASH YOUR HANDS

Wash your hands with soap and warm water regularly.

+ COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.
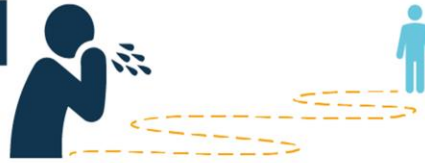
+ DON'T TOUCH

Avoid touching eyes, nose or mouth, especially with unwashed hands.

+ KEEP YOUR DISTANCE

Avoid close contact with people who are sick.

+ STAY HOME

If you experience respiratory symptoms like a cough or fever, stay home.

+ GET HELP

If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.

IF YOU ARE SICK

| STAY AT HOME | AVOID CONTACT WITH OTHERS | COVER YOUR NOSE AND MOUTH WHEN SNEEZING | KEEP OBJECTS AND SURFACES CLEAN | WEAR A MASK | SEEK ADVICE FROM YOUR HEALTHCARE PROVIDER |

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER

COUGH

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH