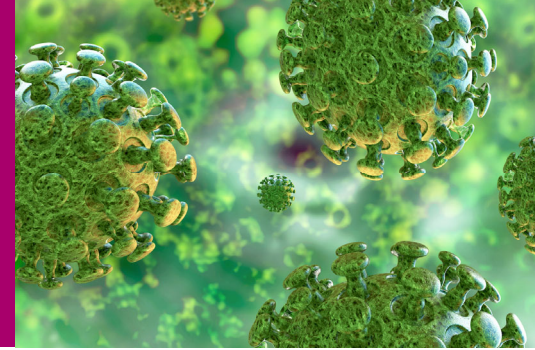


COVID-19 (Coronavirus Disease 2019)



COVID-19 (Coronavirus Disease 2019) is a respiratory illness that can spread from person-to-person. The virus that causes COVID-19 is a new form of coronavirus that was first found in people in December 2019. It can cause severe illness in some people.



How is it spread?

- ▶ People with COVID-19 can spread it to others when they cough or sneeze. The virus is found in droplets from the throat and nose. When someone coughs or sneezes, other people near them can breathe in those droplets.
- ▶ The virus can also spread when someone touches an object with the virus on it. If that person then uses their hands to touch their face, mouth, or eyes, the virus can make them sick.



What are the signs and symptoms*?

- ▶ Cough (new or worsening of chronic cough)
- ▶ Shortness of breath
- ▶ Fever
- ▶ Chills
- ▶ Sore throat
- ▶ Runny nose
- ▶ Muscle ache
- ▶ Headache
- ▶ New loss of taste or smell

**Some people may also experience fatigue or have gastrointestinal symptoms such as nausea, vomiting, diarrhea, or abdominal pain.*

NOTE: Not everyone with COVID-19 has all of these symptoms and some people have no symptoms. You can still spread the virus to others even if you have mild or no symptoms.



What should I do if I have symptoms of COVID-19?

- ▶ Contact your doctor and ask to be tested.
- ▶ Stay home and isolate yourself from people and animals in your home.
- ▶ Complete an [online health screening assessment](#), and a licensed health practitioner will contact you.
- ▶ See if a [community testing site](#) is available near you.

See page 2 for more information





What should I do if I was exposed to a person with COVID-19?

- ▶ It can take up to 14 days after being exposed to a person with COVID-19 before symptoms begin. You should stay home, otherwise known as self-quarantine, for those 14 days and monitor yourself for symptoms.
- ▶ Minimize contact (practice social distancing) with other people and animals in your home during your quarantine.
- ▶ If you stay symptom free, you may leave your house during your quarantine, but only to take care of essential errands like getting food or medicine.
- ▶ If you develop symptoms during your quarantine, contact your doctor immediately and ask to be tested.



How can it be prevented?

Avoid close contact with others and practice physical distancing.

- ▶ Stay at home as much as possible. Cancel events and avoid groups, gatherings, play dates, and nonessential appointments.
- ▶ Avoid gatherings of 10 or more people.
- ▶ Stay at least 6 feet away from other people, when possible.
- ▶ Stay home when you are sick, except to get medical care.

Practice good hand hygiene.

- ▶ Wash your hands regularly for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- ▶ Avoid touching your face, eyes, and mouth when in public.

If you start to feel sick:

- ▶ If you become sick, stay home.
- ▶ Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- ▶ Clean frequently touched surfaces and objects daily (for example, tables, countertops, light switches, doorknobs, and cabinet handles). See [CDC's recommendations for household cleaning and disinfection webpage](#).
- ▶ Contact your doctor and ask to be tested.

