Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in China.

**Practice Everyday Preventive Actions Now**

- Wash hands frequently, for at least 20 seconds with soap and water.
- Avoid touching your eyes, nose and mouth.
- Practice social distancing: put more space between yourself and others. About 6 feet is good, if you can.
- Avoid close contact with people who are sick.
- Clean frequently touched surfaces and objects daily with soap and water, or household cleaners.
- Know the symptoms: Fever, cough, shortness of breath

**What to Do If You Have Symptoms or Are Sick**

- Stay home when you are sick, except to seek medical care.
- Call ahead before visiting your doctor or a clinic.
- Wear a face mask - to prevent the spread of germs
- Cover your coughs or sneezes with a tissue - or your sleeve.
- Wash your hands often, and avoid sharing personal items.

**Household & Community Readiness**

**At Home...**

- Be prepared for possible school or childcare facility closures
- Plan for potential changes at your workplace, talk with your employer
- Have medications available in your home
- Have foods you like to eat in your home

**In the Community...**

- Talk to your friends and neighbors about how you can help each other:
  - Drop off groceries at the doorstep
  - Take turns caring for children
- Consider the needs of older or vulnerable people, who may be at higher risk

Visit "About COVID-19 " at the Centers for Disease Control's website for more info: https://bit.ly/2Tg7CRI