

NOVEL CORONAVIRUS 2019 (COVID-19)

What You Need to Know



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

An infographic titled "CORONAVIRUS DISEASE 2019 (COVID-19)". It features a blue background with a white hand being washed under a spray of water. A yellow box contains the text: "You can help prevent the spread of respiratory illnesses with these actions:". Below this, a list of actions is provided: "• Avoid close contact with people who are sick.", "• Avoid touching your eyes, nose & mouth.", and "• Wash hands often with soap & water for at least 20 seconds." The infographic also includes the CDC logo and the website "www.cdc.gov/COVID19".

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

