

# Novel Coronavirus (COVID-19)

## *What you should know.*

### How it spreads.



#### The virus is thought to spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

### How to protect yourself.



#### Take steps to protect yourself.

- Clean your hands often with soap and water or hand sanitizer that contains at least 60% alcohol.
- Cover your mouth and nose with a face mask or cloth face cover when in public or around others.
- Put 6 feet of distance between yourself and people who don't live in your household. Remember that some people without symptoms may be able to spread the virus.
- Clean and disinfect commonly touched surfaces frequently.



#### If you are at higher risk.

Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications. Please consult with your healthcare provider about additional steps you may be able to take to protect yourself.

### What to do if you get sick.

#### Check your symptoms.

The following symptoms may appear 2 to 14 days after exposure.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



#### When to call your doctor.

If you develop symptoms or have been in close contact with a person known to have COVID-19.

### How to prevent the spread.



#### Take steps to protect others if you are sick.

- Stay home except to get medical care.
- Do not go to work, school, or any public areas.
- Avoid using public transportation, ride-sharing, or taxis.

#### When you are sick at home:

- Separate yourself from other people and animals.
- Cover your coughs and sneezes.
- Wear a face mask.
- Disinfect commonly used surfaces frequently.



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