

WHAT YOU NEED TO KNOW

There are simple things you can do to help keep yourself and others healthy.

The Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) both believe the risk of contracting the virus is low, but people must practice standard hygiene techniques to help against the spread of the disease.

HOW IT SPREADS

Person-to-person spread

- 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.

Spread from contact with contaminated surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

WHO IS AT HIGHER RISK?

- Older adults
- People who have serious chronic medical conditions like:

Heart disease

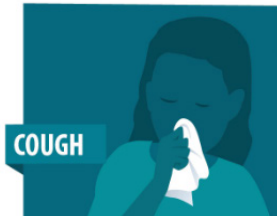
Diabetes

Lung disease

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

SYMPTOMS

The following 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.

PREVENTIONS Take steps to protect others

Clean your hands often



- for at least 20 seconds
- Use a hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, and mouth.

Stay home



if you're sick except to get medical care.

Cover coughs and sneezes



- Cover your mouth and nose with a tissue.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water

Avoid close contact



Put distance between yourself and other people

Wear a facemask if you are sick



You do not need to wear a facemask unless you are caring for someone who is sick.

Clean and disinfect



This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

I BELIEVE I WAS EXPOSED TO COVID-19 WHAT SHOULD I DO?

If you believe you have been exposed to COVID-19 or have been in contact with someone who may have the virus, please stay home and avoid public places. Call your Primary Care Physician immediately for further guidance. Please do not go to an urgent care center or emergency room.

STOP THE SPREAD OF GERMS

HELP PREVENT THE SPREAD OF RESPIRATORY DISEASES LIKE COVID-19.

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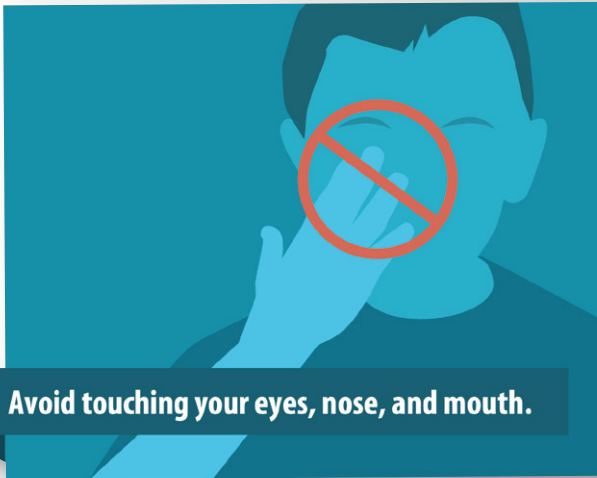
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



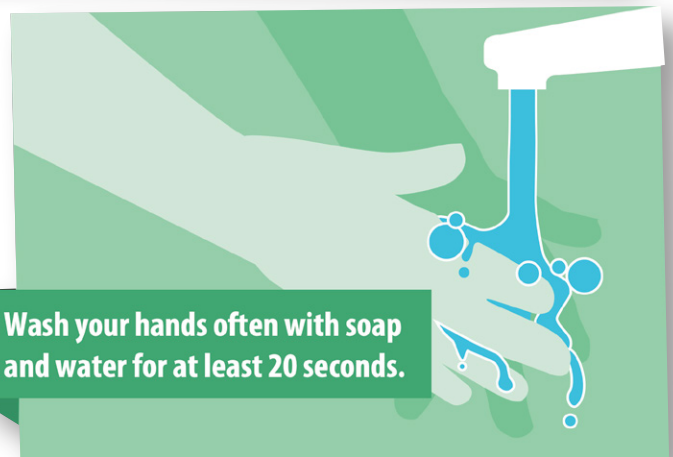
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19