

CORONAVIRUS COVID-19

WHAT YOU SHOULD KNOW

What is COVID-19 and how does it spread?

COVID-19 is a respiratory illness that can spread from person to person who are in close contact with each other. This transmission can occur when people are less than 6 feet away from each other through respiratory droplets from coughs or sneezes. The virus can also be transmitted from touching an infected surface and then touching your own nose, mouth or eyes.

What are the symptoms and complications?

COVID-19 can lead to severe respiratory illness with symptoms of the following:

- Fever
- Cough
- Shortness of breath

This can lead to patients having pneumonia in both lungs, multi-organ failure and may result in death.

How can you protect yourself?

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

What if you have the symptoms of COVID-19?

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave your home except to get medical care.
- **Stay in touch with your doctor:** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Stay away from others:** You should stay in a specific room isolated and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** Restrict contact with pets as you would with people.

*Information above provided by Center for Disease Control and Prevention. www.cdc.gov.

