

What You Need to Know: Coronavirus Disease 2019 (COVID-19)

Those most at risk are people over the age of 70 and those with existing medical conditions. Most children have mild symptoms. Symptoms of the “Coronavirus” may be mild coughing, fever, or shortness of breath.



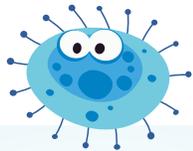
How is COVID-19 spread?

COVID-19 spreads from person-to-person. It can spread from sneezing and coughing, from being in close contact (within about 6 feet), and from touching a surface that has the virus germs on it.



What should I do if I start to feel sick?

Contact your doctor and let them know how you are feeling. They may ask you to stay home to stop the virus from spreading.



Handwashing How-to

-  1 Wet your hands.
-  2 Put soap on your hands and scrub for **20 seconds**.
-  3 Scrub **all 10** fingers and fingernails!
-  4 Rinse and dry your hands.

In a public restroom, use a paper towel to shut off the water and to open the door.

ProTips:

Sing your ABC's while scrubbing with soap and water. That's about 20 seconds!

If soap and water are not available, **use hand sanitizer that has at least 60% alcohol** and rub it all over your hands, fingers, and fingernails until your hands are dry.

HOW TO PROTECT YOURSELF AND OTHERS

The best ways to avoid getting or spreading COVID-19 are to:



Wash your hands often.

Especially after sneezing, using the restroom, touching public surfaces, and before eating.



Avoid being around people who are sick.

Limit contact until someone is symptom-free for at least 24 hours.



If you are sick, stay home!

Unless you need to see your doctor, stay home!
Wear a face mask if you need to go out.



Cough and sneeze into a tissue.

Then, throw it away.



Disinfect common surfaces.

Use a household cleaning spray or single-use wipe (one per surface).