

CORONAVIRUS DISEASE (COVID-19)

What You Need to Know

A new coronavirus, named SARS-CoV-2, has caused an outbreak of respiratory illness that the World Health Organization has named Coronavirus Disease 2019 or COVID-19. Call your health provider or use telehealth if in the past two weeks you have been in close contact with someone suspected of COVID-19 or you have traveled outside the US and have symptoms.

How is it spread?



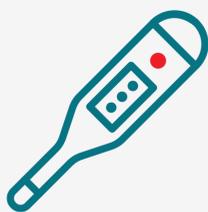
Through droplets when an infected person coughs or sneezes



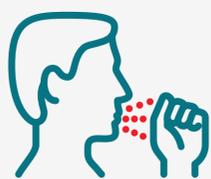
Close personal contact, such as caring for an infected person

This new coronavirus (SARS-CoV-2) usually spreads from person-to-person contact through respiratory droplets, or through airborne transmission when tiny droplets remain in the air after the person with the virus leaves the area. It can only be diagnosed with a laboratory test. Symptoms may appear 1-14 days after exposure.

What are the symptoms?



Fever



Cough



Difficulty Breathing



Severe Illness

What can I do to protect myself and others from respiratory infections like COVID-19?

- Stay home when you are sick.
- Limit close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. Otherwise, use alcohol-based sanitizer.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean and disinfect surfaces and objects that people frequently touch.
- Choose healthy sleep and eating habits that can strengthen your immunity.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Only wear a face mask if you have respiratory symptoms or are caring for someone with respiratory symptoms.
- Get a flu shot to prevent influenza if you have not done so this season.
- More information can be found at healthministries.com or [CDC.gov/COVID-19](https://www.cdc.gov/COVID-19).