

CORONAVIRUS 2019 (COVID-19)

What You Need to Know

Public Health is urging everyone to take precautions to slow the spread of COVID-19.

How is it spread?



Through droplets when an infected person coughs, sneezes, or talks

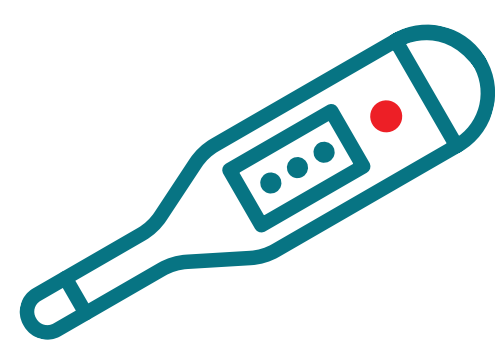


From touching surfaces and then touching your face

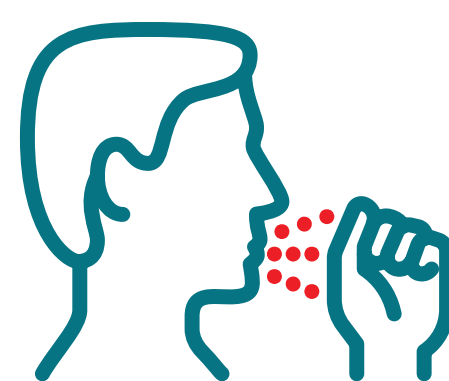


Close personal contact, such as caring for an infected person

What are the symptoms?



Fever



Cough



Difficulty Breathing

Symptoms may also include: chills, muscle or body pain, fatigue, headache, sore throat, nausea or vomiting, diarrhea, congestion or runny nose, or new loss of taste or smell. This list of symptoms is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

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

- If you have to leave your home wear a cloth face covering over your nose and mouth.
 - Infants and children under 2 should not use a face cover, children 2-8 years should only use one if they are closely supervised.
 - They should not be worn by anyone who has trouble breathing, is unconscious, or unable to remove the face cover without assistance, or has been instructed by a medical provider not to wear one.
- Stay home as much as possible.
- Stay at least 6 feet away from others.
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth
- Cover your cough or sneeze with a tissue, or your elbow (not your hands).