KNOW ABOUT COVID-19

• COVID-19 is an illness caused by a virus that spreads primarily from person to person.
• Common signs and symptoms include fever, cough, and difficulty breathing.
• Symptoms can range from mild (or no symptoms) to severe illness.
• There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
• There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.

KNOW HOW COVID-19 IS SPREAD

• You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. The virus spreads through respiratory droplets when an infected person coughs, sneezes, or talks.
• You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes with unwashed hands.

KNOW YOUR RISK FOR SEVERE ILLNESS

• Everyone is at risk of getting COVID-19.
• Older adults and people of any age who have serious underlying medical conditions are at higher risk for more severe illness.

STAY HOME

• Stay home as much as possible.
• Avoid close contact with others.

PRACTICE SOCIAL DISTANCING

• Stay at least 6 feet away from others when you need to go out in public.
• Wear a cloth face covering when you’re out in public and cannot maintain social distancing.
• Disinfect items you must touch and wash your hands or apply hand sanitizer after touching surfaces others have touched.

WASH YOUR HANDS

• Wash your hands often with soap and water for at least 20 seconds, or
• Use an alcohol-based hand sanitizer that contains at least 60% alcohol.

CLEAN AND DISINFECT

• Clean and disinfect frequently touched surfaces daily.
• If surfaces are dirty, clean them with detergent or soap and water first.

PREVENT THE SPREAD OF COVID-19 IF YOU ARE SICK

• Stay home if you are sick, except to get medical care.
• Avoid public transportation, ride-sharing, or taxis.
• Separate yourself from other people and pets in your home.
• If you need medical attention, call ahead.