

# NOVEL CORONAVIRUS 2019 (COVID-19)

## What You Need to Know



Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in China.

### PRACTICE EVERYDAY PREVENTIVE ACTIONS NOW

**Wash hands frequently**, for at least 20 seconds with soap and water.

**Avoid touching your eyes, nose and mouth.**

**Practice social distancing: put more space between yourself and others.** About 6 feet is good, if you can.

**Avoid close contact with people who are sick.**

**Clean frequently touched surfaces and objects daily with soap and water, or household cleaners.**

**Know the symptoms: Fever, cough, shortness of breath**

**COVID 19**  
CORONAVIRUS DISEASE

**CORONAVIRUS DISEASE 2019 (COVID-19)**

**You can help prevent the spread of respiratory illnesses with these actions:**

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Wash hands often with soap & water for at least 20 seconds.

[www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

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### WHAT TO DO IF YOU HAVE SYMPTOMS OR ARE SICK



**Stay home when you are sick, except to seek medical care.**

**Call ahead before visiting your doctor or a clinic.**

**Wear a face mask - to prevent the spread of germs**

**Cover your coughs or sneezes with a tissue - or your sleeve.**

**Wash your hands often, and avoid sharing personal items.**

### HOUSEHOLD & COMMUNITY READINESS

#### At Home...

- Be prepared for possible school or childcare facility closures
- Plan for potential changes at your workplace, talk with your employer
- Have medications available in your home
- Have foods you like to eat in your home

#### In the Community...

- Talk to your friends and neighbors about how you can help each other:
  - Drop off groceries at the doorstep
  - Take turns caring for children
- Consider the needs of older or vulnerable people, who may be at higher risk

