

PROTECT YOURSELF AND OTHERS FROM COVID-19

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



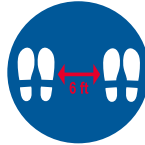
- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions are at higher risk for more severe illness.

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.