

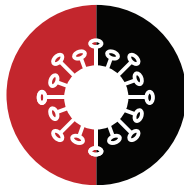
Coronavirus (COVID-19)

General Information

For You and Your Family



HOW DO PEOPLE BECOME INFECTED WITH THE CORONAVIRUS?



Human coronaviruses most commonly spread from an infected person to others through:

- Respiratory droplets released into the air by coughing and sneezing;
- Close personal contact, such as touching or shaking hands;
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands; and
- Rarely, fecal contamination.

WHAT ARE THE SYMPTOMS?



At this time, CDC believes that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure.

Patients with confirmed COVID-19 infection have reportedly had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath
- Fatigue

HOW CAN I AVOID INFECTION WITH THE CORONAVIRUS?



To avoid catching the virus, CDC recommends:

- Wash your hands often with soap and water for at least 20 seconds. You may also use an alcohol-based hand sanitizer as directed.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces.

HOW CAN I AVOID SPREADING THE CORONAVIRUS?



Some recommendations include:

- Stay home when you are sick.
- Keep children who are sick at home.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Wash your hands often with soap and water for at least 20 seconds. You may also use an alcohol-based hand sanitizer as directed.
- Clean and disinfect frequently touched objects and surfaces.