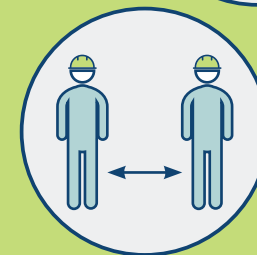




# COVID-19



## Symptoms, Spread and Staying Protected



Coronavirus (COVID-19) is an illness caused by a novel virus that spreads from person to person – make sure you stay informed about symptoms, spread and how to stay safe.

### SYMPTOMS

Symptoms of COVID-19 can range from mild to severe and in some cases, may not show at all.

#### WATCH FOR:

FEVER

COUGH

SHORTNESS OF BREATH

LOSS OF TASTE OR SMELL

If you experience symptoms of COVID-19, seek medical care and call ahead before visiting a clinic.

### SPREAD

COVID-19 is primarily spread by coming into close contact (about 6 feet) with an infected person. You can become infected from respiratory droplets with an infected person coughs, sneezes or talks or by touching a surface or object with the virus on it and touching your mouth, nose or eyes.

### STAYING PROTECTED

The best way to protect yourself from COVID-19 is to avoid exposure to the virus that causes COVID-19, as there is currently no vaccine available.

#### TO HELP PROTECT YOURSELF AND OTHERS:

- Stay Home
- Practice Social Distancing
- Wear a Cloth Face Covering over your Nose and Mouth
- Disinfect Frequently Touched Objects
- Wash Hands with Soap and Water for 20 Seconds
- Use Hand Sanitizer that is at least 60% Alcohol
- Buy Groceries, Medicine and Order Takeout Online
- Use Telehealth and Online Banking Services
- Avoid Public Transportation, Ridesharing and Taxis



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