

CORONAVIRUS 2019 (COVID-19)

What You Need to Know

Public Health is urging everyone to take precautions to slow the spread of COVID-19.

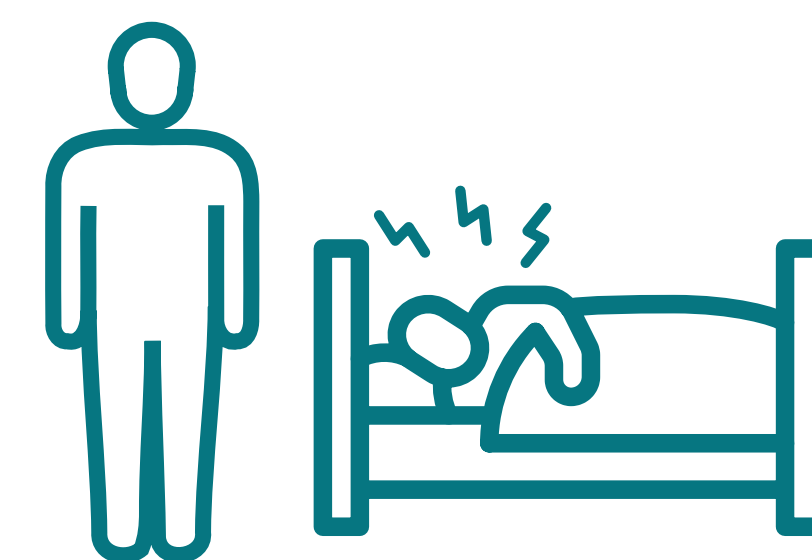
How is it spread?



Through droplets when an infected person coughs or sneezes

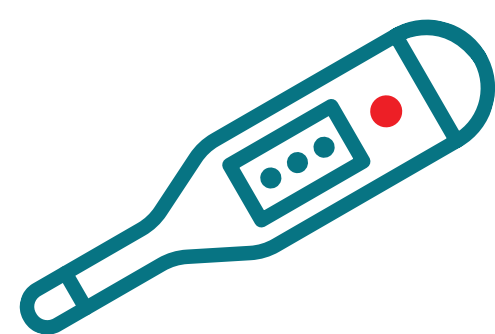


From touching surfaces and then touching your face

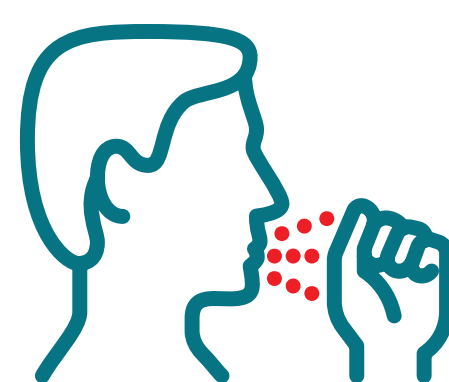


Close personal contact, such as caring for an infected person

What are the symptoms?



Fever



Cough



Difficulty Breathing

What can I do to protect myself and others from COVID-19?

- Stay home as much as possible
- If you have to go out for essential services or goods:
 - Wear a cloth face covering like a bandana over your nose and mouth (infants and children under 2 should not use a face cover, children 3-8 years should only use one if they are closely supervised by an adult and do not have breathing difficulties)
 - Stay at least 6 feet away from others.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid touching your eyes, nose, and mouth
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your elbow (not your hands).
 - Clean and disinfect frequently touched objects and surfaces.