COVID-19 is a respiratory illness caused by a new coronavirus. **Symptoms include:** cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, body aches, sore throat, new loss of taste or smell. Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for a complete list of symptoms.

To help prevent the spread of the virus and protect yourself, follow these recommendations:

- Wash your hands or use hand sanitizer often.
- Avoid sharing personal household items.
- Stay home and keep your distance from others in the home if you are sick.
- Maintain at least 6 feet between you and others.
- Avoid touching eyes, mouth and nose with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw it in the trash and wash your hands.
- Use a face covering if you leave your home.
- Clean and disinfect household surfaces often.

For questions talk to your health care provider or call 2-1-1

For latest updates, visit: [www.coronavirus-sd.com](http://www.coronavirus-sd.com)