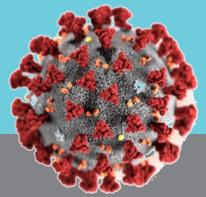


# Coronavirus Disease 2019 (COVID-19)



## What is it?

- Respiratory disease caused by a novel (new) coronavirus.
- The virus has the potential to cause illness, ranging from no illness, to mild illness (like the common cold), to more serious respiratory diseases, like pneumonia.

## How is it spread?



- Through 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.

## What are the symptoms?



- Fever or chills
- Cough
- Difficulty breathing
- Fatigue
- Body aches
- Runny nose
- Congestion
- Headache
- Sore throat
- New loss of taste or smell

Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for a complete list of symptoms.

## How is it prevented and treated?



- Wash your hands often, with soap and water, for at least 20 seconds,
  - If soap and water are not available, use hand sanitizer that contains at least 60% alcohol;
- Avoid touching your eyes, nose, or mouth with unwashed hands;
- Protect yourself when out in public or around individuals outside of your household:
  - Wear a cloth face covering,
  - Practice social distancing: maintain at least 6 feet of space between yourself and others;
- If you are sick, stay home and self isolate;
- Cover your cough or sneeze with a tissue or sleeve; and
- Clean and disinfect frequently touched objects and surfaces.

The scientific and medical community are researching methods to prevent and treat COVID-19. If you think you may have COVID-19, contact your healthcare provider for medical advice.