



COVID-19 Info

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What is COVID-19?

A virus that causes respiratory illness, and can be spread from person to person.

» Practice Prevention

- Stay home if you're feeling sick
 - » Call ahead to a healthcare professional if you develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, and have been in close contact with a person known to have COVID-19 or if you live in or have recently traveled to an area with ongoing spread.
- Avoid close contact with those who are sick
- Clean objects you touch often, especially your phone
- Cover your coughs and sneezes
- Discard used tissues in closed bin
- Wash your hands frequently with soap and water for at least 20 seconds
- Avoid touching your face (T-Zone)

» Disinfect High-Traffic Areas

- Door knobs and frames
- Stairs and escalator hand rails
- Receptions desk, office phone, and home phone
- Common spaces like break rooms, bathrooms, living rooms, kitchen

» Create a Preparedness Kit

- Medications (prescription and OTC)
- Fluids with electrolytes (such as Gatorade and other sports drinks)
- Two weeks of non-perishable food and water
- Cleaning products
- A first aid kit

If you would like more detailed information on this topic, please visit:

www.cdc.gov/coronavirus/2019-ncov/about/share-facts.html

Information courtesy of WHO/CDC.