

# CORONAVIRUS

(COVID-19)



## Recommendations and best practices from the Centers for Disease Control (CDC)

### WHAT ARE THE SYMPTOMS?

Current symptoms reported have included mild to severe respiratory illness with fever, cough and difficulty breathing.



**FEVER**

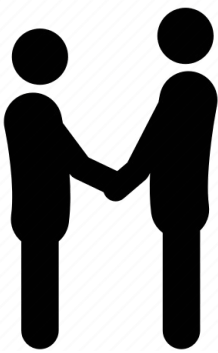


**SHORTNESS OF BREATH**

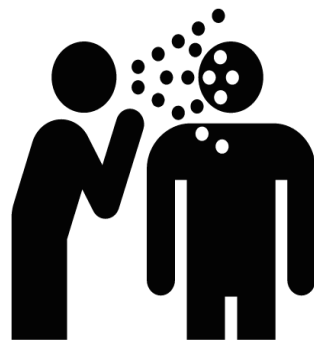


**COUGH**

### HOW IS IT TRANSMITTED?



Close personal contact, such as touching or shaking hands



Droplets while coughing or sneezing

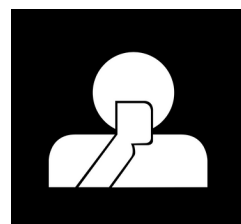


Touching your eyes, nose and mouth with unwashed hands

### HOW DO I PREVENT THE SPREAD OF COVID-19?



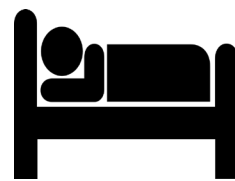
Frequently wash your hands with soap and water often for at least 20 seconds.



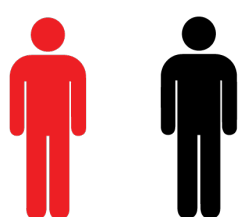
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching eyes, nose and mouth with unwashed hands.



Stay home if you are sick.



Avoid close contact with people who are sick.



Clean and disinfect frequently touched objects and surfaces, including your phone.