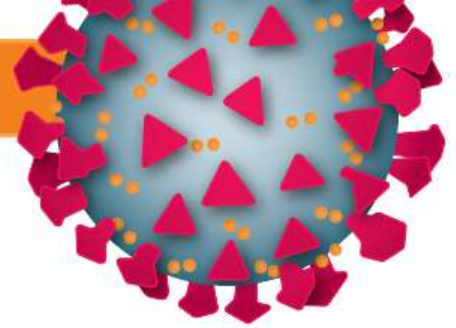


What is a Coronavirus?



There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. **COVID-19** is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans.

The virus has been named “SARS-CoV-2” and the disease it causes has been named “coronavirus disease 2019” (abbreviated “COVID-19”).

Symptoms may appear 2-14 days after exposure.

How Does It Spread?

The virus is thought to spread mainly from **person-to-person**.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take Steps to Protect Yourself

✓ Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

✓ Avoid Close Contact

- Avoid close contact with people who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Symptoms for COVID-19

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed cases.

- **Fever**
- **Cough**
- **Shortness of breath**

Who is at Higher Risk?

- **Older adults**
- **People who have serious chronic medical conditions** like:
 - Heart disease
 - Diabetes
 - Lung disease

If you think you have been exposed to COVID-19 and develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, call your healthcare provider immediately.



This is an emerging, rapidly evolving situation and Centers For Disease Control and Prevention (CDC) will provide updated information as it becomes available, in addition to updated guidance.

Please visit <https://www.cdc.gov/> for more information.
<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>