

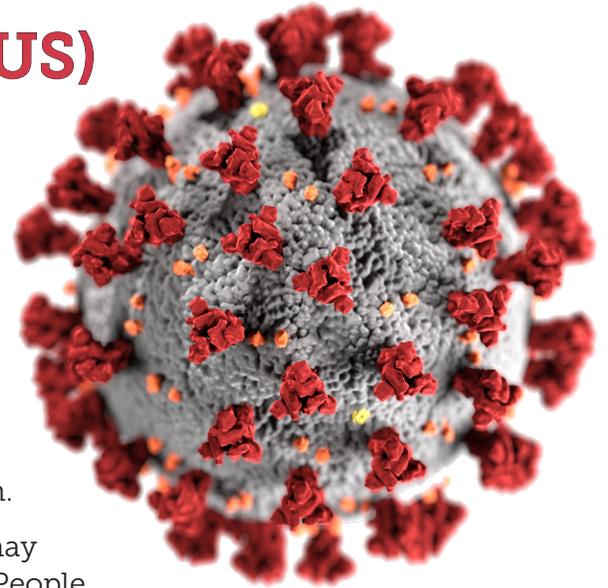
# COVID-19 (CORONAVIRUS)

## What you need to know

COVID-19 is a new respiratory disease caused by a virus first detected in China in December 2019. The virus belongs to a family of viruses called coronaviruses, which causes respiratory illnesses ranging from the common cold to SARS.

COVID-19 is spread via respiratory droplets produced when a person coughs or sneezes. It is mainly spread through close personal contact with another person (within 6 feet). Effects of the virus range from mild symptoms to severe illness and death.

Symptoms include fever, cough, and shortness of breath and may appear between 2 and 14 days following exposure to the virus. People are thought to be most contagious when they are most symptomatic (the sickest), but it may be possible to spread the virus before symptoms appear. It may be possible for a person to get COVID-19 by touching a surface that has the virus on it and then touching their own mouth, nose, or eyes, but this is not thought to be the main way the virus spreads.



## Preparing for COVID-19

While the immediate risk of this virus to the American public is currently low, everyone can do their part to help prepare for this emerging public health threat:

- Get an annual flu vaccine.
- Practice good health habits that help your immune system work effectively:
  - Get appropriate sleep.
  - Stay physically active.
  - Manage stress.
  - Drink plenty of fluids.
  - Eat nutritiously.
- Keep on hand at least a two-week supply of food, as well as prescription and nonprescription drugs.

Take actions that help prevent the spread of all viruses:

- Stay home if you are ill.
- Wash your hands frequently and thoroughly: scrub with soap and warm water for at least 20 seconds.
- Avoid close contact with ill people.

- Cover coughs and sneezes with a tissue or the inside of your elbow; do not cough or sneeze into your hands.
- Avoid touching your eyes, nose, or mouth.
- Avoid sharing food and personal items.
- Clean and disinfect frequently touched objects and surfaces using a bleach-based cleaning product.

## When COVID-19 Arrives in Our Community

If you feel ill:

- Separate yourself and stay in a room away from other people in your home.
- Stay home except to get medical care. Do not go to work, school, or any public place.
- Call your healthcare provider before arriving for medical care.
- Avoid public transit, ride-sharing, and taxis.
- If possible, wear a facemask when you are around other people.