

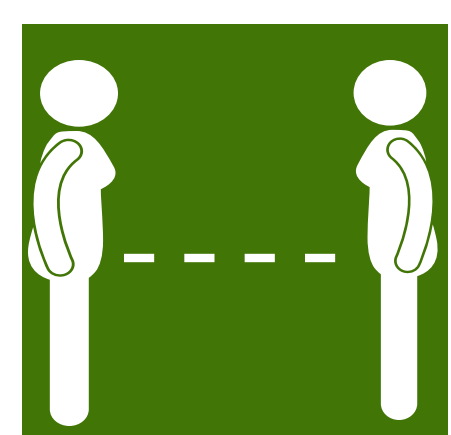
Symptoms of COVID-19

- ✓ fever
- ✓ cough
- ✓ shortness of breath
- ✓ sore throat
- ✓ chills, shaking
- ✓ muscle pain
- ✓ headache
- ✓ new loss of taste or smell
- ✓ nausea, vomiting
- ✓ diarrhea
- ✓ stuffy or runny nose

* **WHEN TO SEEK MEDICAL HELP:** If you have difficulty breathing, high fever, or other unusual or concerning symptoms, you should call your health care provider right away.

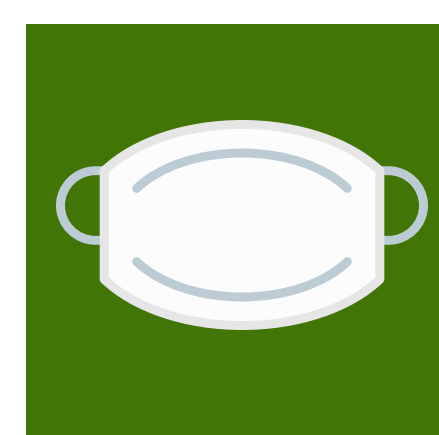
Prevention of COVID-19

Prevention is much like preventing other respiratory illnesses like colds and flu.



stay 6 feet away from others

Keeping distance between people makes it harder for germs to spread.



wear a mask

A cloth or disposable mask helps prevent the spread of germs.



stay home

Stay home if you suspect COVID-19 for 24 hours after your fever goes away, but no less than 10 days from when you became ill.



wash your hands

Wash them often with soap and water.



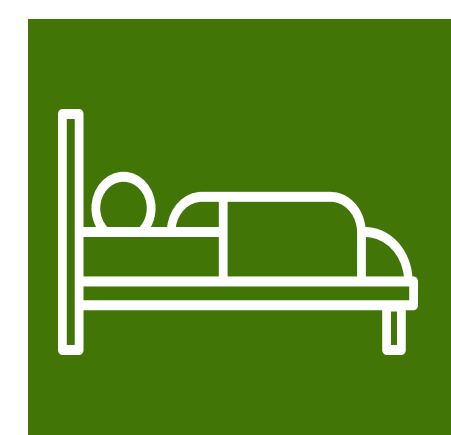
don't touch your face

This is the easiest way for germs to get into your body.



keep sanitizer close

Use sanitizer with at least 60% alcohol, use it often and tell children and people around you to do the same.



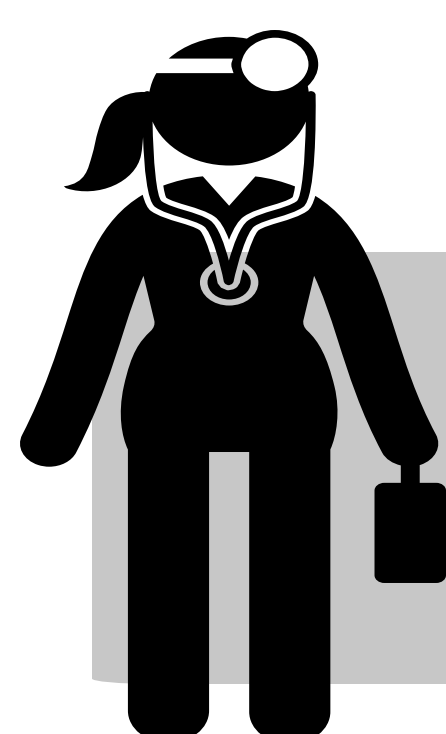
avoid sick people

This helps you keep from being exposed to other people's germs. COVID-19 spreads most easily when people have symptoms.



clean and disinfect

Clean and disinfect commonly touched surfaces.



If you have other diseases such as heart disease, diabetes, lung disease, cancer, etc., talk to your doctor now and come up with a plan on what to do if you become sick.