

## What is COVID-19?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person.

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever of 100 degrees or higher.
- cough
- shortness of breath

In severe instances, some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

## How can I stop the virus from spreading?

- Avoid close contact with people who are sick.
- Avoid social gatherings larger than 10 people and avoid physical contact (hugging, shaking hands etc)
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- If you are sick: stay home, limit close contact with others and call your doctor before going to a clinic.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.