What is Coronavirus?

Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.

- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.
- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.
- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
Know the signs and symptoms

FEVER
COUGH
SHORTNESS OF BREATH

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face
There are simple things you can do to help.
Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

How soap kills the coronavirus
https://youtu.be/-LKVUarhtvE
Try not to touch your face

➔ Avoid touching your eyes, nose, and mouth with unwashed hands
Sneeze/cough into your elbow or a tissue

→ Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Or use the inside of your elbow

How do I properly cover a cough or sneeze?
https://youtu.be/mQINuSTP1jI
Clean high-touch surfaces

→ Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

How to clean your phone
https://youtu.be/7WwDdzO5yd4
Maintain a proper social distance

➔ Stay at least 6 feet away from others. Remember that some people without symptoms may be able to spread the virus.

What is social distancing?
https://youtu.be/4ex4H6n_s7w
Wear a mask

➔ When in public, wear a cloth face covering that covers your mouth and nose.
➔ Clean your hands first
➔ Put it over your nose and mouth and secure it under your chin
➔ Try to fit it snugly against the sides of your face
➔ Don’t wear the mask under your chin or on your forehead.

How to wear a mask properly
https://youtu.be/sKF4Tm3Nm7I
PREVENT STIGMA

- Diseases can make anyone sick regardless of their race or ethnicity.

- For most people, the risk of becoming seriously ill from COVID-19 is thought to be low. Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

- Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.