



## CORONAVIRUS (COVID-19)

Coronavirus (COVID-19) is a new respiratory disease with a lot remaining unknown. Here is the latest advice from the Centers for Disease Control and Prevention (CDC). Visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for additional information.

Typical symptoms include cough, fever and shortness of breath.



Cover your cough or sneeze with a tissue,  
..... then throw the tissue in the trash and wash your hands.

Wash your hands often with soap and warm water for at least  
20 seconds, especially after going to the bathroom, before .....  
eating and after blowing your nose, coughing or sneezing.



..... Avoid close contact with anyone who is sick.

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..... Avoid touching your eyes, nose and mouth. ....



..... When soap and water are not available, use an  
alcohol-based hand sanitizer with at least 60% alcohol.  
Use soap and water if hands are visibly dirty.



Clean and disinfect frequently touched objects and surfaces  
with regular household cleaning spray or cleaning wipes. ....



..... If you are well, the CDC recommends not wearing a mask.  
..... Face masks should be used by people who show symptoms  
and those caring for people with the virus.



Stay home when you are sick and call your  
healthcare provider. ....

