

SPREAD NOT FE R

Get the facts about Novel Coronavirus (COVID-19), stop the spread of rumors and keep yourself healthy

1

Flu Season, Cold Season, Coronavirus Season?

There are 4 strains of seasonal coronavirus that doctors see often during this time of year. Symptoms of COVID-19 are similar to flu and include **fever, cough, and difficulty breathing.**

2

Handwashing vs Hand Sanitizer

Hand sanitizer should only be used when you can't fully wash your hands (at least 60% alcohol). Use warm water and soap for at least 20 seconds.

3

Masks or no Masks?

Most face masks will **not** protect against the virus. Studies suggest it is more effective to equip those with symptoms with masks to isolate illness.

4

Don't Touch

Cover your cough or sneeze with a tissue, then throw it in the trash. **Avoid** close contact with people who are sick. **Avoid** touching your eyes, nose, and mouth.

5

If You Use It, Clean It

Clean and disinfect frequently touched objects and surfaces. If you touch items that come in contact with the other people (i.e. gym equipment, public transportation) wash your hands as soon as you are able.

6

Get Well Soon

Stay home if you are sick. If you suspect you are ill, isolate yourself from other individuals, cover your face with a mask, wash your hands, and call your healthcare provider **immediately.**

7

Be Prepared

Get all of your public health information from a **trusted** resource like your local or State Health Department. With knowledge you can help protect yourself and your family.

