COVID-19

WHAT IS IT?
COVID-19 is a respiratory illness that can spread from person-to-person. The virus that causes COVID-19 was first identified during an investigation into an outbreak in Wuhan, China.

HOW IS IT SPREAD?
The virus is thought to spread mainly from person-to-person. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or possibly their eyes.

HOW TO PREVENT IT?
✓ Wash your hands often with soap and water for at least 20 seconds.
✓ Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe; use hand sanitizer.
✓ Stay home when you are sick and drink lots of fluids; consult your healthcare professional.
✓ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
✓ Avoid touching your eyes, nose and mouth.
✓ Avoid close contact with people who are sick.
✓ Maintain a healthy diet and lifestyle.

WHAT ARE THE SYMPTOMS?
Call your healthcare professional if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you have recently traveled from an area with spread of COVID-19. And if you are sick, stay home.

Information from the Centers for Disease Control and Prevention. For more details visit their website: https://www.cdc.gov/coronavirus/2019-ncov/