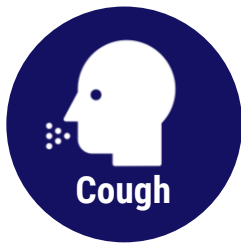# COVID-19

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?

Person-to-person

Cough

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?

Cough

Fever

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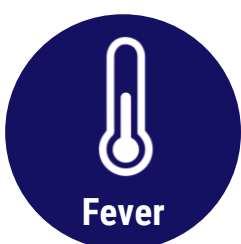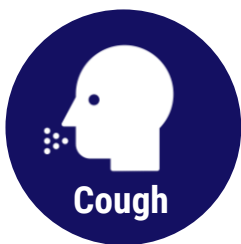
Call your healthcare professional if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you have recently traveled from an area with spread of COVID-19. And if you are sick, stay home.

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