What are the symptoms of COVID-19?
• Symptoms for COVID-19 include fever/chills and shortness of breath, cough or sore throat.

How does COVID-19 spread?
• COVID-19 is thought to spread mainly from person to person through coughing or sneezing. It may also be spread when people touch something with the virus on it then touch their mouth or nose. Symptoms usually appear 7-14 days after exposure.

Who is at higher risk for COVID-19 complications?
• Pregnant women, and children or adults with underlying conditions such as asthma, diabetes, suppressed immune systems, heart disease, and kidney disease, are more likely to have complications.

How severe is illness associated with COVID-19?
• Illness has ranged from mild to severe. Most people have recovered without needing medical treatment. However, hospitalizations and deaths have occurred.

How do I protect myself?
Clean your hands often
• Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
• If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
• Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact
• Avoid close contact with people who are sick
• Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others
• Stay home if you are sick, except to get medical care.

Clean and disinfect
• Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
• If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.
• To disinfect: Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.