

Coronavirus (COVID-19) Facts and Precautions

Symptoms (the following symptoms may appear 2-14 days after exposure):

- Fever
- Cough
- Shortness of breath
- Headache
- Fatigue
- Muscle pain/soreness

When you are sick, self-isolate in your home for 14 days after the onset of illness. If you are worried about symptoms (difficulty breathing, high fever, etc.), contact a health professional.

How to protect yourself, your family, and your community:

- Wash your hands thoroughly and often with soap and water for 40-60 seconds – see picture below
- Cough or sneeze into your bent elbow
- Avoid touching your eyes, nose, and mouth
- Avoid close contact with people - stay 6 feet (2 meters/a little over an adult's height) away from those who are not living in your home
- Avoid crowded areas
- Avoid touching people who do not live in your home
- Avoiding sharing food, utensils, cups, towels, etc.
- Stay home when you are sick
- Clean frequently touched objects and surfaces with soap and water

Misinformation:

There are MANY myths circulating about Coronavirus.

You can't rid yourself of or protect yourself from Coronavirus by eating/drinking certain things.

Hot baths and extra baths will not prevent Coronavirus. Please wash your hands properly.

Please check WHO.int for other MythBusters and addressing misinformation. **DO NOT GET YOUR INFORMATION FROM WORD OF MOUTH OR SOCIAL MEDIA!**

Handwashing Guide:

