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: