CORONAVIRUS DISEASE 2019 (COVID-19)

COVID-19 is a **respiratory illness** caused by a **new coronavirus** that originated in China. COVID-19 spreads person to person, anyone can be infected.

HIGHEST RISK



- **TRAVELERS** to countries with widespread outbreaks and their close contacts.
- **OLDER PERSONS (60+)**
- **PERSONS WITH CHRONIC HEALTH CONDITIONS** such as diabetes, heart disease, HIV...

INCUBATION



AVERAGE PERIOD: 5 DAYS

SYMPTOMS

Most cases are MILD TO MODERATE.



COUGHING



SNEEZING



RUNNY NOSE



FEVER



SHORTNESS OF BREATH

PREVENT THE SPREAD



- Wash your hands often with soap + water.
- Avoid touching your eyes, nose + mouth with unwashed hands.
- Ocover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid close contact with people who are sick.
- ✓ Get a flu shot!
- Clean + disinfect frequently touched objects and surfaces such as counters, door knobs, desks, keyboards, tablets and phones.

IF YOU THINK YOU OR A FAMILY MEMBER HAS COVID-19







Tell the doctor about your recent travel + your **symptoms**.











