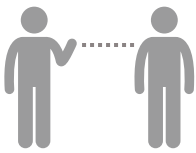


COVID-19

ALERT!

A new coronavirus, first identified in China in December 2019, has caused an outbreak of respiratory illness that the World Health Organization named COVID-19 in February 2020.

HOW IT SPREADS



Keep Your Distance!

The virus usually spreads from **CLOSE PERSON-TO-PERSON CONTACT** through respiratory droplets from coughing and sneezing.



Use the Right Test

Only **DESIGNATED LABORATORY TESTS** can diagnose the virus.



14-Day Watch

SYMPTOMS MAY DEVELOP WITHIN 14 DAYS OF EXPOSURE to the illness.



If you have traveled outside the U.S. in the past 21 days, have a fever, cough or shortness of breath, or had recent contact with someone with fever, cough or shortness of breath, please tell a nurse, doctor or other health care professional as soon as possible. Call before you arrive at the doctor's office or emergency room and tell them about your symptoms.

SYMPTOMS INCLUDE



COUGH



FEVER



SHORTNESS OF BREATH

In rare cases, it can lead to severe respiratory problems, kidney failure or death.

PROTECT YOURSELF!



Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands.



Stay home when you are sick.



Clean and disinfect surfaces and objects people frequently touch.



Wear a face mask if you have respiratory symptoms or are caring for someone with respiratory symptoms.



NavicentHealth
Everything about us is all about you.

FOR MORE INFORMATION VISIT US ONLINE AT:

[NavicentHealth.org](https://www.NavicentHealth.org)