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.

**14-Day watch**
**Symptoms may develop within 14 days of exposure** to the illness.

**COVID travels by air**
The virus may also spread **through airborne transmission**, when tiny droplets remain in the air even after the ill person leaves the area.

**Use the right test**
Only **designated laboratory tests** can diagnose the virus.

If you have traveled outside the U.S. in the past 28 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.

**FOR more information visit us online at:**
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