



Coronavirus (COVID-19)

How serious is the coronavirus?

- It can cause flu-like symptoms, including: fever, cough and difficulty breathing.
- It is not serious for most people, including children.
- There is currently no vaccine.
- Most people get better with enough rest, water to drink and medicine for discomfort.

How likely are you to catch the virus?

- You can catch it if you have been close to a person who has the virus. The virus can spread between people through respiratory secretions, especially by a cough or sneeze. It's unclear if a person can get the virus by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes.
- If you have traveled to areas where many people are infected, your chance of catching the virus is higher, i.e., China and any affected areas.
- Visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html> for updates and locations of confirmed cases worldwide.

How can you help prevent the spread of coronavirus?

If you need to cough or sneeze:



Cough or sneeze into upper sleeve, or into a tissue, not in your hands



Toss the tissue



Wash your hands with soap and hot water or use hand sanitizer

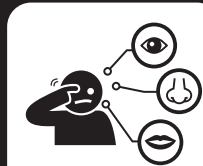
Wash hands with soap and water or use hand sanitizer:



Before cooking and eating



After using the bathroom



Before touching your eyes, nose and mouth



Before leaving home, before entering home, and while at work



Try not to touch your eyes, nose and mouth with unwashed hands



Do not share items that come into contact with your mouth, nose or eyes



If unwell, do not share items, such as: bedding, dishes, towels, writing utensils, electronic devices, etc.



Clean and disinfect frequently touched objects and surfaces (doorknobs, desks, bathroom fixtures, toilets, phones, keyboards, tablets, etc.)

For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>