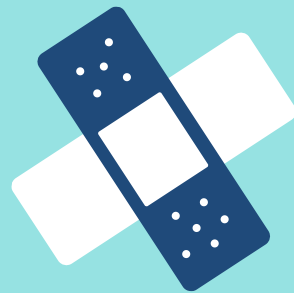


WHAT YOU NEED TO KNOW ABOUT COVID-19



What is COVID-19?

COVID-19 is a new strain of the coronavirus, and there is a lot unknown about the virus. While the majority of cases are considered mild, it can be especially **dangerous for people who are older, pregnant, and/or for people with an underlying chronic health condition.** This includes people who have heart disease, asthma, HIV, or any other immune-compromising health condition.



80% of deaths occur in people over age 65

What are the likely symptoms?



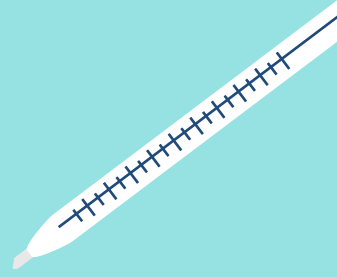
1 COUGH

2 SHORTNESS OF BREATH

3 FEVER

How is COVID-19 spread?

COVID-19 can spread from person to person via respiratory droplets. If a person sneezes or coughs into the air then the virus can be inhaled by another person. If a drop lands on a surface and another person touches that surface and then their face they can then pick up the virus.



PREVENTION

WASH YOUR HANDS

Washing hands regularly with soap and warm water for a minimum of 20 seconds prevents the spread of COVID-19! If you can't wash your hands use at least a 60% alcohol base hand sanitizer.

SOCIAL DISTANCING

By limiting social interaction and staying at least 6 feet away from others you can help prevent the spread of COVID-19. If you have the virus but you are asymptomatic, without symptoms, you can still pass the virus to someone else. Stay at home and limit social interaction to only essentials such as groceries and medicine.

KEEP CLEAN

Be sure to clean the surfaces around you and in your house. The virus can live on surfaces from several hours to days. You can use regular household disinfectants. Be sure to clean door knobs, tables, phones, keyboards, chairs, and other heavily used items.

DO YOUR PART

Even if you are young and healthy it is important to social distance and stay at home. It is possible to have the virus without symptoms, so stay at home and do your part to prevent the spread of COVID-19 to others.

