



What is Your Risk?

COVID-19 is a strain of virus known to cause severe respiratory symptoms.

You are at risk if:

- You have traveled recently to a country or domestic area with active cases of COVID-19.
- You have had close contact with someone who has the virus or showing symptoms.

The virus spreads through:

- Contact with tiny droplets of fluid produced by an infected person when talking, sneezing or coughing.
- Touching a surface contaminated by infected fluid droplets.
- Touching your eyes, nose or mouth after your hands are exposed to infected droplets.

WHAT HAPPENS IF YOU ARE

EXPOSED?

If you have been exposed to COVID-19, it takes anywhere from 2 to 14 days for symptoms to show.



The Most Common Symptoms are:

Fever
Cough
Shortness of Breath



Other Symptoms to watch for:

Sore Throat
Muscle Aches
Diarrhea

What should you do if you have symptoms or suspect you are infected:

- **Call** your healthcare provider and let them know.
- **Follow your provider's instructions.** Do not go to their office without calling ahead.
- **Take immediate steps** to contain the spread such as:
 - Stay home except to visit your healthcare provider.
 - Avoid contact with other people and pets in your home.

Stop the Spread: Wash, Clean, Cover, Avoid



Wash your hands often with soap and water for at least 20 seconds.

If soap and water are not available, use a hand sanitizer that is at least 60% alcohol.



Clean and disinfect frequently touched and common surfaces daily.

Cover your nose and mouth when you cough or sneeze.



Avoid

People who are obviously sick or showing symptoms. Practice "Social Distancing".

Touching your eyes, nose and mouth, consider your face a hands-free zone.