



# 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



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".

**Avoid** touching your eyes, nose and mouth, consider your face a hands-free zone.