

CORONAVIRUS FACTS

A Common Sense Approach to Combating COVID-19



The Centers for Disease Control's (CDC) latest information states that like many viruses the COVID-19 is transmitted through person to person contact within about six (6) feet and respiratory droplets from a cough or sneeze. It may also spread from contact with infected surfaces or objects. Thus, there is an emphasis on incorporating many of the standard protective measures associated with any disease or infection.

How to Protect Yourself and Others



- **Get a Flu Shot**
- **Vigorous Handwashing...15-20 seconds**
- **Using Hand Sanitizer Gel...rub hands until dry**
- **Cover your Mouth** when you cough or sneeze/cough into your sleeve if no tissue is available
- **Wash your Hands** after coughing or sneezing
- **After using a tissue, throw the tissue away**
- **Keep table, desk, counter surfaces clean with Sanitizer Wipes**
- **Do not send sick children to school**
- **Be considerate of others by avoiding public places (church, businesses, schools, stores) – stay home while symptoms persist**

Symptoms

May appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of breath



Treatment

- **Call ahead to a healthcare professional if you develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, and have been in close contact with a person known to have COVID-19. Check CDC website at [cdc.gov](https://www.cdc.gov) for more facts and the latest updates.**

