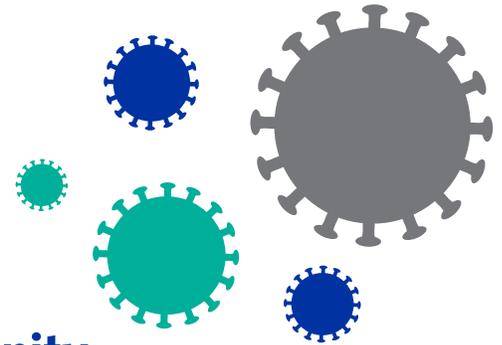


# What can you do to prevent COVID-19?

While researchers are working to make a vaccine for COVID-19, the best way to prevent the spread of the virus is to avoid exposure. By taking the following actions, we can help protect ourselves and our communities.

## How is COVID-19 spread?

- ✓ Between people who are in closer than 6 feet
- ✓ By droplets produced when infected people cough or sneeze



## Steps to protect yourself and your community

### Wash Your Hands

- ✓ Wash hands with soap and water for at least 20 seconds
- ✓ Wash hands often, especially after being in public places
- ✓ Do not touch your face, especially with unwashed hands
- ✓ If soap and water are not available, use hand sanitizer with at least a 60% alcohol content

### Stay Home If You Are Sick

- ✓ Stay home if you feel sick, even if symptoms are mild
- ✓ Seek medical attention: call your doctor before visiting to prevent the spread of germs

### Avoid Close Contact

- ✓ Limit contact with others as much as possible
- ✓ Keep a distance of at least 6 feet between you and other people in public
- ✓ Avoid any contact with people who are sick



### To make a bleach solution, mix:

½ cup bleach per gallon of water or 4 TBS bleach per quart of water

Follow directions on the bottle and mix the solution in a well-ventilated area.

Make sure the product is not expired. Do not mix household bleach with ammonia or another cleanser.

### Wear a Facemask if You Are Sick

- ✓ If you are sick, wear a facemask to prevent spreading germs to others
- ✓ If you are caring for a sick person, wear a facemask
- ✓ If you are not sick or caring for a sick person, DO NOT wear a face mask. They are in short supply and are needed most by caregivers and medical professionals

### Cover Coughs and Sneezes

- ✓ Cover coughs and sneezes with your elbow or a tissue
- ✓ Wash hands immediately after coughing or sneezing

### Clean and Disinfect

- ✓ Clean and disinfect surfaces daily, especially commonly touched places like doorknobs, phones, keyboards, toilets, sinks, light switches, handles, desks, tables, steering wheels, and counters
- ✓ Clean dirty surfaces with soap and water BEFORE using a disinfectant

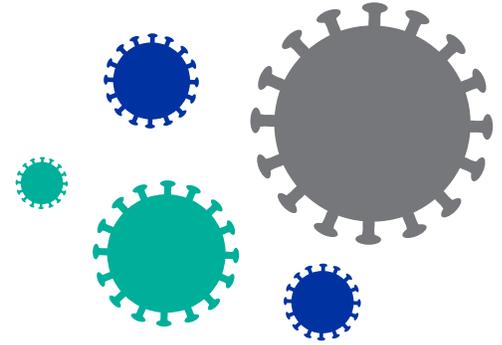
### Disinfectants to Use

- ✓ Use products approved by the EPA to kill the COVID-19 virus. To learn more, visit: [www.epa.gov/coronavirus](https://www.epa.gov/coronavirus)
- ✓ Use solutions with at least 70% alcohol
- ✓ Dilute household bleach

# How do I know if I have COVID-19?

## What do I have?

How do you know if you have COVID-19, the flu, or the common cold? This symptom chart will help you distinguish between them. However, it's important to stay away from people if you feel sick at all, even if your symptoms are mild.



## COVID-19 symptoms

- ✓ Symptoms appear 2-14 days after exposure and gradually worsen
- ✓ Fever
- ✓ Cough
- ✓ Shortness of breath

Note: this list is not all-inclusive. Please consult your provider with any concerning symptoms.

## Flu symptoms

- ✓ Symptoms start very suddenly
- ✓ Fever or feverish chills (note: not everyone will have a fever)
- ✓ Cough
- ✓ Sore throat
- ✓ Runny or stuffy nose
- ✓ Muscle or body aches
- ✓ Headaches
- ✓ Fatigue/tiredness
- ✓ Vomiting or diarrhea (more common in children)

## Common cold symptoms

- ✓ Sore throat
- ✓ Runny nose
- ✓ Cough
- ✓ Sneezing
- ✓ Headaches
- ✓ Bodyaches

**If you develop these emergency warning signs of COVID-19, call 911 or seek medical help:**

- ✓ Difficulty breathing or shortness of breath
- ✓ Persistent pain or pressure in the chest
- ✓ New confusion or inability to arouse
- ✓ Bluish lips or face