

NOVEL CORONAVIRUS (COVID-19)

WHAT YOU SHOULD KNOW

You may be at risk if you have:

- Traveled to **China /South Korea /Iran /Italy** or
- Had close contact with someone who recently traveled outside of the United States and was SICK

How is it spread?



Coughing and sneezing



Close contact with people, such as touching or shaking hands



Touching an object or surface that has the virus on it, then touching your mouth, nose, or eyes.

What are the symptoms?

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Severe illness (sickness)



People who have been in China may have been exposed to the virus and should monitor for symptoms for 14 days after arriving from China.

How can you protect yourself?

- **Wash your hands** often with soap and water
- **Avoid touching face** with unwashed hands.
- **Avoid close contact** with people who are sick.
- **Stay home** when you are sick.
- **Cover your cough or sneeze** with a tissue, then throw it in the trash.
- **Clean and disinfect** frequently touched objects and surfaces.

What should I do if I believe I have been exposed to Coronavirus?

If you have traveled to China/South Korea/Iran/Italy, **OR** have had close contact with someone who recently traveled to the above countries and was SICK:

- Call the HCC and discuss your recent travel and symptoms.
- Avoid contact with others.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. Use an alcohol-based hand sanitizer if soap and water are not available.

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