

# COVID-19 Advisory

What can I do to keep from getting infected?



## Know How It's Spread

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Commonly spread from one to another via the following methods:



Coughing or sneezing



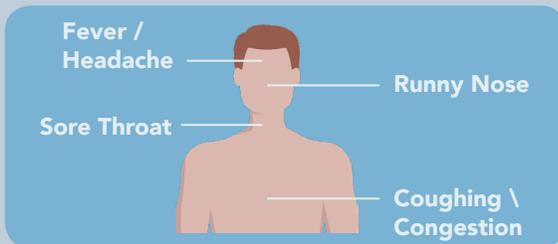
Close personal contact



Touching your face w/o washing your hands

## Symptoms and Risk Factors

Symptoms may include:



Diagnosis includes laboratory testing on respiratory specimens and blood serum via your medical provider.

Who is most at risk?

**Older adults and people who have severe underlying chronic medical conditions** like heart disease, lung disease or diabetes are at higher risk for developing more serious complications from COVID-19 illness. At present, the President is recommending that individuals that fall into this category stay home and avoid contact with other people.

## Protect Yourself and Others

**Prevention:**

No current vaccines are available but you can reduce your risk and keep other healthy by:



Washing your hands regularly



Stay home if you're not well



Covering your mouth



Social Distancing

**Cleaning & Disinfecting:**

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks..

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface. Options include:

- Diluting your household bleach
- Alcohol solutions (at least 70% alcohol)
- Other common EPA-registered household disinfectants.