CORONAVIRUS

What You Need to Know NOW





Especially after you go to the bathroom, sneeze, cough, or

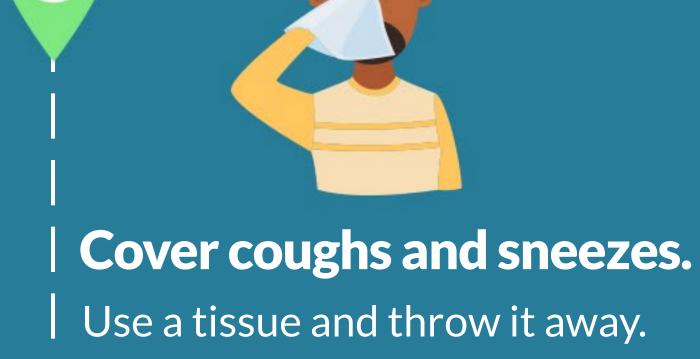
blow your nose. • Use soap and warm running water.

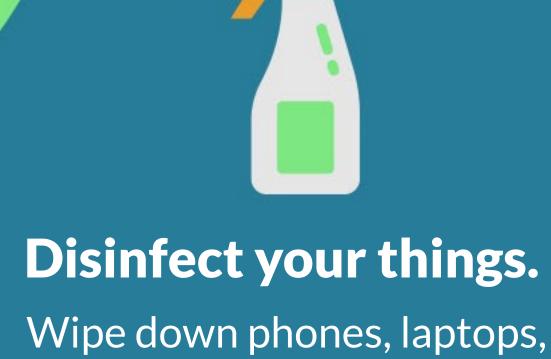
- Scrub for 20 seconds (long) enough to sing "Happy
- Birthday" twice).



but it will help keep you healthier.

It won't stop the coronavirus,





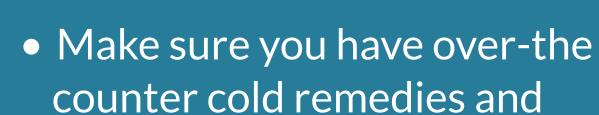
and other often-used surfaces.

desks, door knobs, light switches,





Get prescriptions filled for



pain relievers.

Check your meds.

your whole family.

- Know the emergency plan

in case your work or child's

school has to close.



Find out who to contact

if an older loved one or neighbor gets sick.



symptoms: Fever

- Cough
- Shortness of breath



Stay home if you're sick.

And call your doctor if you think you may have the virus.



They won't help lower your risk.

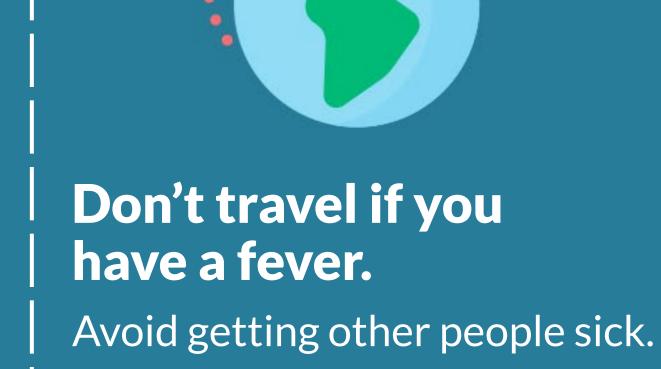


It's how germs get in.



you may have the virus. Call ahead first and follow their instructions.

or walk-in clinic if you think





you absolutely have to.



Don't let pets lick your

face if you're sick.

Wash your hands after you play with them.

or if you have heart disease, lung problems, or diabetes your risk may be higher.

you're over 60

Don't go out a lot if

Don't forget hand

It will work in a pinch if you

don't have soap and water.

sanitizer.

DON'T PANIC!



If you have trouble breathing.

There is no vaccine yet • There is no proven treatment

CALL 911

WHAT YOU CAN DO

Practice healthy habits, and stay informed: Check the CDC's website for the latest updates.

LEARN MORE