

CORONAVIRUS

What You Need to Know **NOW**

Don't be scared. **Be prepared.**

DO



Wash your hands often.

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).



Get a flu shot.

It won't stop the coronavirus, but it will help keep you healthier.



Cover coughs and sneezes.

Use a tissue and throw it away.



Disinfect your things.

Wipe down phones, laptops, desks, door knobs, light switches, and other often-used surfaces.



Stay away from people who are sick.

The virus spreads quickly through coughs and sneezes.



Check your meds.

- Get prescriptions filled for your whole family.
- Make sure you have over-the-counter cold remedies and pain relievers.



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.



Know the coronavirus symptoms:

- Fever
- Cough
- Shortness of breath



Stay home if you're sick.

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

DON'T



Don't wear paper masks.

They won't help lower your risk.



Don't touch your nose, eyes, or mouth.

It's how germs get in.



Don't go straight to your doctor

or walk-in clinic if you think you may have the virus. Call ahead first and follow their instructions.



Don't travel if you have a fever.

Avoid getting other people sick.



Don't visit affected countries

where the virus is worse unless you absolutely have to.



Don't share dishes, utensils, or towels

with someone who is sick.



Don't let pets lick your face if you're sick.

Wash your hands after you play with them.



Don't go out a lot if you're over 60

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



Don't forget hand sanitizer.

It will work in a pinch if you don't have soap and water.



DON'T PANIC!

Stay calm, be careful, and wash your hands!

CALL 911



If you have trouble breathing.

REMEMBER: There is no vaccine yet • There is no proven treatment

WHAT YOU CAN DO

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

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