CRH Coronavirus Fact Sheet

Know the Symptoms of Coronavirus

- COUGH
- FEVER
- SHORTNESS OF BREATH
- HEADACHE
- TIRED & NOT FEELING WELL
- BODY ACHES
- LOSS OF SMELL & TASTE
- SORE THROAT
- RUNNY NOSE

How to Stop the Spread of Germs

- **Cover Your Cough/Sneeze**: Cover up with a tissue and then throw it away in the trash.
- **Use Social Distancing**: Avoid direct contact with people who are sick. Use Social Distancing to increase the space between you and others.
- **Avoid Touching Your Face**: Try not to touch your eyes, nose or mouth.
- **Keep Clean**: Clean frequently touched objects and surfaces with disinfectant.
- **Clean Your Hands**: Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer if soap and water aren't available.

Stay Home if You’re Sick

Avoid going out in any public arena or large gatherings. Quarantine yourself to protect the spread of illness.

Avoid Traveling

Restrict your travel plans - avoid mass public transit and airplanes.

Avoid Large Gatherings

Restrict yourself from person-person meetings, events or crowds. Try online collaboration.

What to do if You’re Sick

1. **STAY HOME**: If you are experiencing symptoms but do not need emergency care, stay home.
2. **CALL YOUR PROVIDER**: If you are sick and may have been exposed to COVID-19, call your primary care physician.
3. **GET HELP**: Call 911 or go to the nearest emergency department for emergency medical treatment.