CRH Coronavirus *Fact Sheet*

Know the *Symptoms* of Coronavirus

COUGH

FEVER

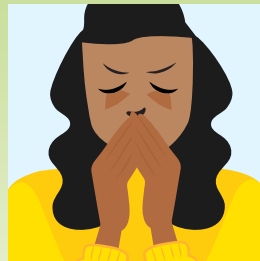**SHORTNESS OF BREATH**

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.

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.

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.
KEEP 'EM CLEAN

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.

CHESAPEAKE REGIONAL HEALTHCARE