

Coronavirus Information and Advice

Prevention Tips

1



frequently **cleanse hands** with soap and water or an alcohol-based hand sanitizer

2



catch a cough or sneeze in a tissue and bin it

3



if tissue is not available cough/sneeze into your elbow not your hands

4



avoid close contact with people suffering from fever or cough

5



avoid travel if you have a fever, cough, or flu-like symptoms

6



avoid wearing a surgical mask unless advised by a medical professional

Symptoms

- Coughing
- High Temperature
- Shortness of Breath

What Steps Should You Take?

Going to the hospital without calling ahead could expose more people to the virus. As most symptoms are mild please call the HSA hotline for advice if you should self-isolate at home or if you should seek further care.

Call the HSA hotline on 1-800-534-8600 if:

- in the last 14 days you've been to a country or area with a high risk of coronavirus
- you've been in close contact with someone with coronavirus
- you think you might have coronavirus

For the latest updates and information, please visit HSA.ky/public-health/coronavirus or gov.ky/coronavirus.