

# CORONAVIRUS PREVENTION

As Coronavirus (COVID-19) cases continue to grow, your risk of contracting the virus remains low, however it is important to practice good hygiene and know the risks. It is spread the same way as the common cold and flu. Symptoms may appear in as few as 2 days or as long as 14, after exposure. To protect yourself, here are some tips to consider.

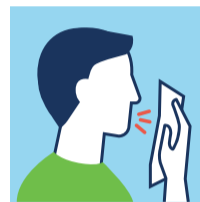
## TIPS TO CONSIDER



Wash your hands for at least 20 seconds, including the backs of your hands and under your nails. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.



Avoid touching your eyes, nose, and mouth with unwashed hands.



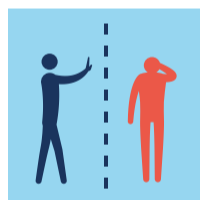
Cover your mouth when you cough, or sneeze into a tissue and throw it away.



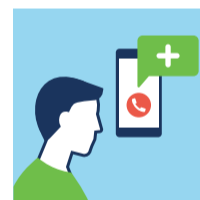
Don't shake hands, or touch others even if they seem healthy.



Drink plenty of water, focus on your nutrition, and have healthy food on hand.



Avoid close contact with people who are sick.



Stay home and contact your doctor if you think you've been infected or develop symptoms.

## SIGNS/SYMPTOMS

### Common Symptoms:



Fever



Cough



Runny  
nose



Sore  
throat



Trouble  
breathing



Pneumonia



Acute  
respiratory  
syndrome



Kidney  
failure