

What You Need to Know

COVID-19 is the official name of a novel coronavirus strain, which can cause a range of illness in humans from the common cold to severe respiratory infection such as pneumonia. This coronavirus is a new strain, or novel, meaning that hasn't been identified before in humans. COVID-19 ("CO" corona "VI" virus "D" disease "19" 2019) is not the same as previous strains of coronaviruses which cause mild illness and common colds.

Common symptoms

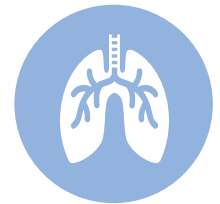
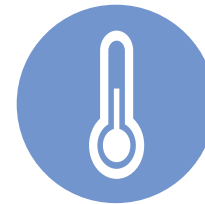
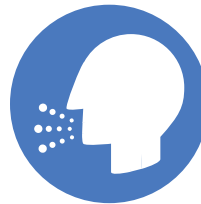
According to the CDC, reported illnesses range from mild symptoms to severe respiratory illnesses. The symptoms may first appear anywhere from 2-14 days after exposure.

If you develop emergency warning signs seek medical attention immediately. These symptoms include: trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face.

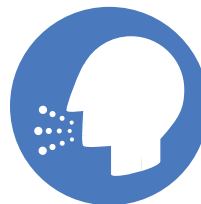
How is the virus spread?

Because there is currently no vaccine to prevent COVID-19, the best way to prevent illness is to avoid being exposed. To avoid contracting the virus, practice social distancing as much as possible, and stay at least six feet away from any potentially infected individual. Additionally, please be sure to follow your local and state guidelines in regards to travel both domestically and internationally. **Those who have recently traveled to an area highly affected by the outbreak and develop symptoms of COVID-19 should contact their healthcare professionals immediately.**

Dry cough • Fever • Shortness of breath • Severe illness



Coughing and sneezing • Person-to-person contact with infected person • Touching of Surfaces with virus on it



What to do if you feel sick?

According to the CDC, If you are experiencing COVID-19 symptoms, or have been exposed to someone who is sick with COVID-19, you should follow the guidelines below to protect others in your home and community.

- Stay home except to seek medical care. Those who are mildly ill with COVID-19 will be able to recover at home.
- Stay in touch with your doctor and call before you need medical care. If your symptoms worsen or you think it's an emergency, seek medical care. Continue to monitor your symptoms.
- Separate yourself from others in your home and limit contact with pets.
- Wear a facemask if you are sick to avoid spreading germs
- Cover your coughs and sneezes, and wash your hands often
- Avoid sharing personal household items and clean all high-touch surfaces every day