



PASSPORT TO LANGUAGES

"Kindness Connects Us All"

CORONAVIRUS INFORMATION

Questions? Call 2-1-1

WHAT IS "NOVEL CORONAVIRUS"?

SARS-CoV-2 is a new coronavirus. The disease it causes has been named coronavirus disease 2019 or COVID-19. COVID-19 symptoms include fever, cough, and shortness of breath. Most people recover at home, but it can cause severe illness and pneumonia in some people.



Fever



Cough



Shortness of breath

WHO IS AT HIGH RISK?



- Older adults (over the age of 60)
- People who have serious chronic medical conditions like heart disease, lung disease, weak immune systems, and diabetes
- People who are pregnant

HOW DOES IT SPREAD?

The virus spreads when someone who is sick with the virus coughs or sneezes close to another person. Someone with the virus is most likely to spread the germ to others when they have symptoms like a cough. Cover your mouth and nose with a tissue or your shirt sleeve if you cough or sneeze.



HOW CAN WE STAY HEALTHY?

- **WASH YOUR HANDS** frequently with soap and water.
- **AVOID TOUCHING YOUR FACE** or eating with unwashed hands.
- **STAY HOME AND AVOID LARGE GROUPS** and crowded public places.
- **TRY TO KEEP A DISTANCE** of 6 feet (2 large steps) between you and others—especially if you are at high risk.
- **CLEAN AND DISINFECT** frequently touched objects and surfaces in
- **MAKE A WORK PLAN.** Know your employer's sick leave and teleworking policies so you can stay home if needed.
- **MAKE A CHILD CARE PLAN.**
- **MAKE SURE YOU HAVE THE FOOD AND MEDICATIONS** you need to stay home.
- **CALL OR TEXT** to check in on any neighbors who might need extra help, like seniors living alone.