

COVID-19

What is it?

COVID-19 is a new respiratory virus that has the potential to cause severe illness and pneumonia in some people

How is it spread?



Through the air by coughing and sneezing.



Close personal contact, such as touching or shaking hands.



Touching an object or surface with the virus on it, then touching your mouth, nose or eyes.



PEOPLE SHOULD NOT BE EXCLUDED FROM ACTIVITIES BASED ON THEIR RACE OR COUNTRY OF ORIGIN.

What are the symptoms?

Illnesses can be mild, or in some cases be severe enough to require hospitalization. Symptoms of this respiratory illness primarily include:



Fever



Cough



Shortness of Breath

Symptoms may show up 2-14 days after exposure

How is it prevented?

Similar to prevention of other respiratory illnesses, including the flu:

- **Wash hands** often
- **Avoid touching** eyes, nose, or mouth with unwashed hands
- **Avoid contact** with sick people
- **Stay home** while you are sick; avoid others
- **Cover mouth/nose** with a tissue or sleeve when coughing or sneezing

There is currently NO VACCINE available.



Visit www.lfchd.org for more information.