

Covid-19

Protection Information

Preventative Measures - Protect Yourself



Wash hands frequently for 20 seconds with warm water and plenty of soap.



Practice "social-distancing" and avoid contact with others.



Avoid touching eyes, nose, mouth or anywhere else on your face



Find alternative methods of greeting than shaking hands, or hugging



Eat healthy foods, drink plenty of water and get plenty of sleep

Key Facts

What are the signs and symptoms of Covid-19?

The following symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of Breath

Reported illnesses have ranged from mild symptoms to severe illness and death. Call your doctor if you develop these symptoms, and have been in close contact with a person known to have Covid-19, or have recently traveled from an area with widespread or ongoing community spread of the disease.

How does Covid-19 spread?

Covid-19 seems to be spreading from person-to-person

- Between people who are in close contact with one another (within about six feet)
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

If You Get Sick

Prevent the spread of Covid-19 by taking the following steps to protect others

- Stay home if you are sick, except to get medical care
- Separate yourself from other people and animals in your home
- Call ahead before visiting your doctor
- Wear a facemask if available
- Cover coughs and sneezes
- Wash your hands often
- Avoid sharing personal household items
- Clean and disinfect all "high-touch" surfaces frequently

Be Prepared

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid Touching your eyes, nose and mouth.

Avoid close contact

- Avoid close contact with people who are sick
- Put distance between yourself and other people at all times. This is especially important for people who are at higher risk of getting very sick.

Acquire necessary types of PPE and cleaning supplies



Stay Informed!

Don't panic - it's important to remain calm and take everyday actions to stay healthy. The following resources are updated regularly as information becomes available:



Centers for Disease Control & Prevention

800-232-4636 | www.cdc.gov



Occupational Safety & Health Administration

800-321-OSHA | www.osha.gov



World Health Organization

202-974-3000 | www.who.gov



American Red Cross

202-303-5000 | www.redcross.org