

COVID-19 REVIEW

COVID-19 IS SPREAD FROM PERSON-TO-PERSON

- Between people who are in *close contact* with one another.
- **Close Contact = less than 6ft and for more than 10 minutes**
- 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.)

SYMPTOMS

- The most common symptoms of COVID-19 are fever, cough, and shortness of breath.
- Symptoms can appear between 2–14 days after exposure.

AVOID CLOSE CONTACT WITH PEOPLE (SOCIAL DISTANCING)

- Try to keep your **distance from other people** (at least 6 ft. or 2 arms lengths apart)
- This is especially important for people who are at higher risk of getting very sick and experiencing severe disease.

WASH YOUR HANDS OFTEN

- **Use soap and water for at least 20 seconds**, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. If your hands are visibly dirty, then make sure to use soap and running water since sanitizing products will not remove the dirt.

CLEAN AND DISINFECT

- Clean frequently touched objects and surfaces using a household cleaning spray or wipe.
- Everyone can pitch in by practicing routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks) with household cleaners.
- Use EPA-registered disinfectants that are appropriate for the surface and follow the label instructions.

AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH

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

COVER YOUR COUGHS AND SNEEZES

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands with soap and water for at least 20 seconds**. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- If you don't have a tissue, use your elbow.