COVID-19
Coronavirus *Disease*

Preventative Measures - Protect Yourself

Wash hands (for 20-30 seconds) with soap and water thoroughly and often	Avoid close contact with others, particularly those with fever and cough	Avoid touching eyes, nose, or mouth with your hands	Do not hug, kiss, or shake hands when greeting others	Practice healthy habits (sleeping, eating, keeping physically active)
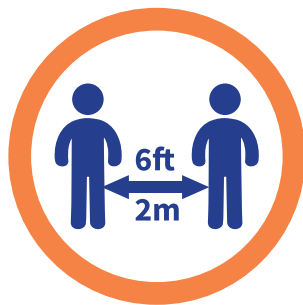
Key Facts

WHAT ARE THE SIGNS AND SYMPTOMS OF THE NEW CORONAVIRIS DISEASE (COVID-19)?

The following symptoms may appear 2-14 dys 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 contact with a person known to have COVID-19, or have recently traveled.

HOW DOES THIS CORONAVIRUS DISEASE (COVID-19) SPREAD?

The virus that causes the disease, COVID-19, spreads very easily, person-to-person:

- **Between people who are in close contact (within about 6 feet) with one another**
- **Through respiratory droplets produced when an infected person coughs or sneezes**

These respitory droplets can enter the mouths and noses of people nearby, or can be inhaled into their lungs.

If You Get Sick

PREVENT THE SPREAD OF COVID-19 IF YOU ARE SICK, BY TAKING THESE MEASURES TO PROTECT OTHERS:

- **Stay home except to get medical care, for a minimum of 10 days**
- **Separate yourself from other people and animals in your home**
- **Wear a face mask if you are sick**
- **Clean your hands often**
- **Cover coughs and sneezes with a tissue, then dispose of tissue in garbage and wash your hands**
- **Avoid sharing personal household items**
- **Clean and disinfect all "high-touch" surfaces everyday**
- **Call ahead before visiting your doctor**
- **Pay attention to how you are feeling and call 811 any time to speak with a nurse at HealthLinkBC**
- **Seek urgent medical assistance if breathing becomes difficult**