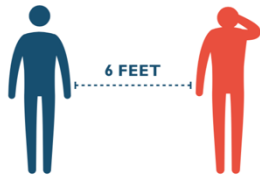


HOME SUPPORT

COVID-19 (Coronavirus) Information Sheet



The virus usually spreads from **CLOSE PERSON-TO-PERSON CONTACT** through respiratory droplets from coughing and sneezing.

SYMPTOMS OF COVID-19 INCLUDE:



COUGH



FEVER



SHORTNESS OF BREATH

In rare cases, it can lead to severe respiratory problems, kidney failure or death.



SYMPTOMS MAY DEVELOP WITHIN 14 DAYS OF EXPOSURE to the illness.



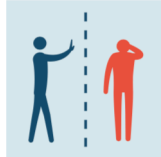
Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands.



Avoid close contact with people who are sick, sneezing or coughing.



Stay home when you are sick.



Clean and disinfect surfaces and objects people frequently touch.



Only wear a face mask if you have respiratory symptoms or are caring for someone with respiratory symptoms.

¹ Johns Hopkins University. Coronavirus at a Glance: Infographic. 2020. Adapted from: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-facts-infographic>

Last updated: March 16, 2020