

DISPELLING MYTHS

What We Know About Coronavirus (COVID-19)

HOW IT SPREADS



Most often, spread from person-to-person. Happens among close contacts (about six feet) – mainly via respiratory droplets produced when an infected person coughs or sneezes.

It is currently unclear if a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or possibly their eyes.



IF YOU FEEL SICK



If you have a fever, cough or difficulty breathing, and have traveled to China or were in close contact with someone with COVID-19 in the 14 days before you began to feel sick:




- Seek medical advice – Call ahead and tell them about your recent travel and your symptoms before you go to a doctor's office or emergency room.
- Avoid contact with others.



PREVENTION

There is currently **no vaccine** to prevent COVID-19 infection.

Preventative actions recommended by CDC

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home when you are sick. 
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. 
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with 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. 
 - » Always wash hands with soap and water if hands are visibly dirty.

