Prevention tips, symptoms and treatment — here’s what you need to know!

Tips for keeping the virus away:
- Wash hands often.
- Disinfect frequently touched objects & surfaces.
- Avoid close contact with people who are sick.
- Cover coughs & sneezes with tissue or elbow.
- Wash hands with soap often.
- Disinfect surfaces.

Symptoms
MILD Symptoms
- Begin gradually
- Fever
- Cough
- Aches and pains
- Runny nose
- Nasal congestion
- Diarrhea
- Headache
- Abdominal pain
- Tiredness

SEVERE Signs and Symptoms
- Occur several days in to the illness
- Significant shortness of breath
- Low oxygen levels
- Abnormal blood tests
- Kidney failure
- Liver failure
- Pneumonia
- Hospitalization

Treatment
- Stay home with fever, cough & sneezing—rest
- Cover coughs and sneezes
- Wash hands with soap often
- Disinfect surfaces
- Drink extra fluids
- Follow doctor’s advice
- Use non-prescription care for other symptoms
- Follow treatment plans for other conditions
- Avoid other people

When to Contact Your Doctor
- If symptoms do not improve
- If treatments for other health conditions become challenging

Fever • Cough • Difficulty Breathing • Existing Chronic Disease
CONTACT MEDICAL PROVIDER

Gloves
- Wear gloves when disinfecting surfaces, handling soiled laundry and when caring for others who are sick.

Disposable Surgical Facemask
- Wear if you have cold or flu symptoms and need to go out in public.
- If you are healthy, wear a mask ONLY if you are taking care of someone sick.
- Wash your hands before and after placing a mask on and after taking it off.

The N95 mask requires fitting and should be saved for health care providers.