Tips for keeping the virus away:

- Wash hands often.
- Disinfect frequently touched objects & surfaces.
- Don’t touch face with unwashed hands.
- Avoid close contact with people who are sick.
- Cover coughs & sneezes with tissue or elbow.
- Cover coughs & sneezes with tissue or elbow.
- Wash hands often.
- Disinfect surfaces.

Symptoms (you may not have all)

- **MILD Symptoms**
  - Cough
  - Fever
  - Tiredness
  - Aches and pains
  - Shortness of breath
  - Chills
  - Repeated shaking with chills
  - Headache
  - Nasal congestion
  - New loss of smell or taste
  - Runny nose
  - Sore throat
  - Diarrhea

- **SEVERE Signs and Symptoms**
  - Occur about a week into the illness
  - Significant shortness of breath
  - Low oxygen levels
  - Pneumonia
  - Abnormal blood tests
  - Kidney failure
  - Liver failure
  - Hospitalization

When to Contact Your Doctor

- If symptoms do not improve or get worse
- If treatments for other health conditions become challenging

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 surgical mask when caring for someone who is sick. Wear a cloth mask to go out into public.
- Wash your hands before and after placing a mask on and after taking it off.