COVID-19

What is it?
COVID-19 is a new respiratory virus that has the potential to cause severe illness and pneumonia in some people.

How is it spread?
- Through the air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

What is the risk?
- Current risk to the general public is low
- There is currently NO vaccine available

PEOPLE SHOULD NOT BE EXCLUDED FROM ACTIVITIES BASED ON THEIR RACE OR COUNTRY OF ORIGIN.

What are the symptoms?
Illnesses can be mild, or in some cases be severe enough to require hospitalization. Symptoms of this respiratory illness primarily include:

- Fever
- Cough
- Shortness of Breath
- Symptoms may show up 2-14 days after exposure

How is it prevented?
Similar to prevention of other respiratory illnesses, including the flu:
- Wash hands often
- Avoid touching eyes, nose, or mouth with unwashed hands
- Avoid contact with sick people
- Stay home while you are sick; avoid others
- Cover mouth/nose with a tissue or sleeve when coughing or sneezing

Visit www.jessaminehealth.org for more information.

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Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste
STAY HEALTHY WHILE TRAVELLING

Avoid travel if you have a fever and cough.

If you have a fever, cough, and difficulty breathing, seek medical care early and share your previous travel history with your healthcare provider.