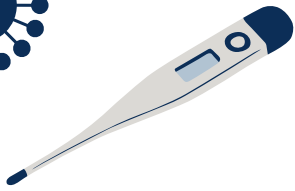


COVID-19 TRANSMISSION AND SYMPTOMS

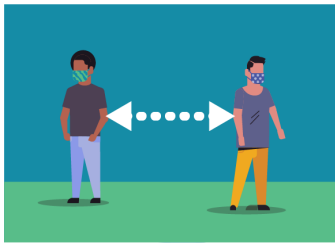
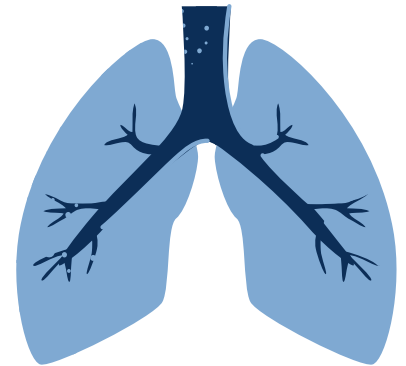


WHAT ARE THE SYMPTOMS OF COVID-19?

- Fever, dry cough, difficulty breathing, and tiredness.
- Less common are aches and pains, nasal congestion, headache, conjunctivitis (pink eye), sore throat, diarrhea, and loss of taste or smell.
- It is possible to have the virus but not have any symptoms.

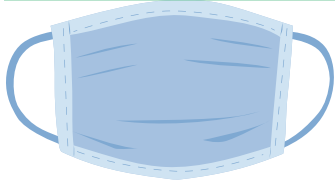
HOW IS COVID-19 SPREAD?

- Person-to-person through small droplets from the nose or mouth, when a person with COVID-19 coughs, sneezes, or speaks.
- When people **touch infected droplets** on surfaces then touch their faces, noses, or mouths.
- “**Community spread**” means people have been infected by others in their community.
- It is possible to get COVID-19 from someone who does not feel sick.
- COVID-19 has **NOT** been detected in drinking water because conventional water treatment methods inactivate the virus.



HOW CAN I PROTECT MYSELF AND OTHERS FROM RESPIRATORY DROPLETS?

- Respiratory droplets can travel **6 feet** from a sneeze or cough.
- Practice **social distancing** by staying at least **6 feet** away from other people even when they do not appear ill.
- **Wear a mask** to protect others around you.
- If you suspect you have COVID-19, let first responders know before taking you to the emergency department.



HOW CAN I PROTECT MYSELF AND OTHERS FROM CONTAMINATED SURFACES?

- Coronavirus can survive up to 72 hours on plastic and stainless steel, and up to 24 hours on cardboard.
- **Avoid physical contact** with any public objects and other people to avoid transfer of virus.
- Avoid touching your face, eyes, nose, and mouth.
- Frequently **disinfect surfaces** that are touched by people using diluted bleach cleaning solutions or 60% alcohol-based cleaners.
- **Wash hands** frequently with soap and water for at least 20 seconds.

