

# SPREAD NOT FEAR

Get the facts about Novel Coronavirus (COVID-19), stop the spread of rumors and keep yourself healthy

- 1 Flu Season, Cold Season, Coronavirus Season?**

There are 4 strains of seasonal coronavirus that doctors see often during this time of year. Symptoms of COVID-19 are similar to flu and include **fever, cough, and difficulty breathing**.
- 2 Handwashing vs Hand Sanitizer**

Hand sanitizer should **only** be used when you can't fully wash your hands (at least 60% alcohol). Use warm water and soap for at least **20** seconds or sing "Happy Birthday".
- 3 Masks or no Masks?**

Most face masks will **not** protect against the virus. Studies suggest it is more effective to equip those with symptoms with masks to isolate illness. If you **don't** need a mask, **don't** buy it.
- 4 Don't Touch**

**Cover** your cough or sneeze with a tissue, then throw it in the trash. **Avoid** close contact with people who are sick. **Avoid** touching your eyes, nose, and mouth. **Stay** home if you are sick.
- 5 If You Use It, Clean It**

**Clean** and **disinfect** frequently touched objects and surfaces - like cell phones. If you touch items that come in contact with the other people (i.e. gym equipment, public transportation) wash your hands as soon as you are able.
- 6 Have a Safe Flight**

The Centers for Disease Control (CDC)'s website has the most **up to date** travel notices for international and domestic travel. Follow everyday prevention practices on the plane and in the airport to get to your final destination **safely**.
- 7 When to Call the Doctor**

**Call** your healthcare professional if you feel sick with **fever, cough, or difficulty breathing**, and have been in close contact with a person known to have COVID-19, or if you live in or have recently traveled from an area with ongoing spread of COVID-19.
- 8 Be Prepared**

Get all of your public health information from a **trusted** resource like your local or State Health Department. With knowledge you keep calm, stay informed and help protect yourself and your family.

