COVID-19
Coronavirus Disease 2019

WHAT YOU NEED TO KNOW

What are the symptoms of COVID-19?

- FEVER
- COUGH
- DIFFICULTY BREATHING
- SEVERE ILLNESS

How is COVID-19 spread?

- Through 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 before washing your hands

Because COVID-19 is new, we are learning more each day about the transmission patterns and incubation periods.

If you have traveled to a country with widespread community spread of COVID-19, stay home or in your hotel room for 14 days after leaving that country and monitor your health for symptoms.

- Avoid group settings, including work and school.
- Have another family member/friend, who didn’t travel, run necessary errands for you, such as picking up food or medicine.
- Avoid using public transportation, taxis, or ride-shares if possible.

For a list of countries with widespread sustained community transmission, visit www.cdc.gov/coronavirus/2019-ncov/travelers.

How can I protect myself and our community?

Everyone in our community

- Avoid contact with sick people.
- Wash your hands often with soap and water for at least 20 seconds. If not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth, especially with unwashed hands.
- Get your flu shot to reduce the chance of developing symptoms that can be confused with COVID-19. Everyone ages 6 months or older should be vaccinated against the flu.

If you have traveled to an affected area and feel sick

- Stay home and avoid contact with others except for seeking care.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Throw the tissue in the trash.
- If you need medical care, call ahead to your healthcare provider or an emergency room and let them know about your travel history. If you need emergency medical care, call 911.
- If you have difficulty accessing medical care or have questions how to care for yourself at home, call 211.

For more information about COVID-19, call our partners at Aloha United Way 2-1-1.

Or visit our website at:

2-1-1
Get Connected. Get Help.™

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