Recommendations and best practices from the Centers for Disease Control (CDC)

**WHAT ARE THE SYMPTOMS?**

Current symptoms reported have included mild to severe respiratory illness with fever, cough and difficulty breathing.

- **FEVER**
- **SHORTNESS OF BREATH**
- **COUGH**

**HOW IS IT TRANSMITTED?**

- Close personal contact, such as touching or shaking hands
- Droplets while coughing or sneezing
- Touching your eyes, nose and mouth with unwashed hands

**HOW DO I PREVENT THE SPREAD OF COVID-19?**

- Frequently wash your hands with soap and water often for at least 20 seconds.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Stay home if you are sick.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces, including your phone.