How to Protect Yourself
Novel Coronavirus 2019 (COVID-19)

Prevention Tips

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose and mouth
- Wear a mask or face covering
- Stay away from crowded places and maintain six feet of distance from others
- Cover your cough and sneeze with a tissue, then dispose in the trash
- Clean and disinfect frequently touched surfaces
- Avoid close contact with people who are sick
- Stay home when you are sick, except to get medical care

Know the Symptoms

Primary symptoms:
- Cough
- Shortness of breath or difficulty breathing

Or at least two of these symptoms:
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell

For more information, visit spectrumhealth.org/covid19