








# CORONAVIRUS DISEASE 2019 (COVID-19)

**COVID-19** is a **respiratory illness** caused by a **new coronavirus** that originated in China. COVID-19 **spreads person to person, anyone can be infected.**

HIGHEST RISK	INCUBATION	SYMPTOMS
 <ul style="list-style-type: none"><li>✓ <b>TRAVELERS</b> to countries with widespread outbreaks and their close contacts.</li><li>✓ <b>OLDER PERSONS (60+)</b></li><li>✓ <b>PERSONS WITH CHRONIC HEALTH CONDITIONS</b> such as diabetes, heart disease, HIV...</li></ul>	 <p><b>2-14</b> DAYS</p> <p><b>AVERAGE PERIOD:</b> <b>5 DAYS</b></p>	<p>Most cases are <b>MILD TO MODERATE.</b></p>  <p><b>COUGHING</b></p>  <p><b>SNEEZING</b></p>  <p><b>RUNNY NOSE</b></p>  <p><b>FEVER</b></p>  <p><b>SHORTNESS OF BREATH</b></p>

## PREVENT THE SPREAD



- ✓ **Wash your hands often** with soap + water.
- ✓ **Avoid touching** your **eyes, nose + mouth** with unwashed hands.
- ✓ **Cover your cough or sneeze** with a tissue, then **throw the tissue** in the trash.
- ✓ **Avoid close contact** with people **who are sick.**
- ✓ **Get a flu shot!**
- ✓ **Clean + disinfect frequently touched objects and surfaces** such as counters, door knobs, desks, keyboards, tablets and phones.

## IF YOU THINK YOU OR A FAMILY MEMBER HAS COVID-19



**1** **Call** your healthcare provider **right away.**



**2** **Tell the doctor** about your **recent travel + your symptoms.**



**3** Your healthcare provider will tell you how to get care **without exposing others.**



**4** **Stay home & avoid contact** with others.

For more information: [dph.georgia.gov/novelcoronavirus](https://dph.georgia.gov/novelcoronavirus)  
[cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)

How to prevent the spread of:

# CORONAVIRUS DISEASE 2019 (COVID-19)

## INFECTION PREVENTION STEPS

- ✓ **Wash your hands often** with soap + water.
- ✓ **Avoid touching** your **eyes, nose + mouth** with unwashed hands.
- ✓ **Cover** your **cough or sneeze** with a tissue, then **throw the tissue** in the trash.
- ✓ **Avoid close contact** with people **who are sick**.
- ✓ **Get a flu shot!**
- ✓ **Clean + disinfect frequently touched objects and surfaces** such as counters, door knobs, desks, keyboards, tablets and phones.

**Keeping hands clean is one of the most important things we can do to stop the spread of respiratory illnesses like flu and COVID-19.**



1

USE SOAP



2

PALM TO PALM



3

BACK OF HANDS



4

FINGERS INTERLACED



5

BASE OF THUMBS



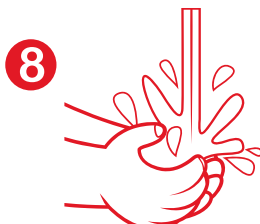
6

FINGERNAILS



7

WRISTS



8

RINSE HANDS



9

DRY HANDS

### PROPER HANDWASHING TIPS

- Wash hands thoroughly with soap + warm water.
- Wash for 20-30 seconds or sing "Happy Birthday" two times through.
- Soap and warm water are the best way to clean your hands, but if they aren't available, use an alcohol-based hand sanitizer, that contains at least 60% alcohol.

### HOW TO USE HAND SANITIZERS

- Apply the sanitizer to the **palm of one hand** (follow label directions on how much to use).
- Rub hands together.
- Rub the sanitizer over **all the surfaces of your hands + fingers** until your hands are dry.

For more information: [dph.georgia.gov/novelcoronavirus](https://dph.georgia.gov/novelcoronavirus)  
[cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)