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
- TRAVELERS to countries with widespread outbreaks and their close contacts.
- OLDER PERSONS (60+)
- PERSONS WITH CHRONIC HEALTH CONDITIONS such as diabetes, heart disease, HIV...

INCUBATION
2-14 DAYS
AVERAGE PERIOD: 5 DAYS

SYMPTOMS
Most cases are MILD TO MODERATE.
- COUGHING
- SNEEZING
- RUNNY NOSE
- FEVER
- SHORTNESS OF BREATH

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
How to prevent the spread of:
CORONAVIRUS DISEASE 2019 (COVID-19)

INFECTION PREVENTION STEPS

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☐ 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!
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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.

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.