Public Health is urging everyone to take precautions to slow the spread of COVID-19.

How is it spread?

- Through droplets when an infected person coughs or sneezes
- From touching surfaces and then touching your face
- Close personal contact, such as caring for an infected person

What are the symptoms?

- Fever
- Cough
- Difficulty Breathing

What can I do to protect myself and others from COVID-19?

- Stay home as much as possible
- If you have to go out for essential services or goods:
  - Wear a cloth face covering like a bandana over your nose and mouth (infants and children under 2 should not use a face cover, children 3-8 years should only use one if they are closely supervised by an adult and do not have breathing difficulties)
  - Stay at least 6 feet away from others.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid touching your eyes, nose, and mouth
  - Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your elbow (not your hands).
  - Clean and disinfect frequently touched objects and surfaces.