

WHAT IS THE NOVEL CORONAVIRUS (COVID-19)?

COVID-19 is a respiratory illness caused by a novel (new) coronavirus that originated in China in late 2019, and has now spread to numerous countries including the United States.

WHAT ARE THE SYMPTOMS?



FEVER



COUGH



SHORTNESS OF
BREATH



Most cases are MILD or MODERATE.
Some are more severe, requiring hospitalization.

HOW DOES IT SPREAD?



- Breathing in droplets when you are within six feet of someone who coughs or sneezes
- Touching surfaces contaminated with virus and then touching your own nose, mouth or eyes

WHO IS AT RISK?



TRAVELERS
TO COUNTRIES
WITH WIDESPREAD
OUTBREAKS, AND
THEIR CLOSE
CONTACTS, ARE AT
HIGHEST RISK
(SEE CDC.GOV).



OLDER PERSONS
AND THOSE WITH
UNDERLYING
CONDITIONS
ARE AT HIGHEST
RISK OF SEVERE
ILLNESS

WHAT SHOULD I DO?



WASH
HANDS

with soap & water
for 20 seconds



STAY
HOME

when
sick



COVER
COUGHS

& sneezes with
tissue or in sleeve

PLAN AND PREPARE

With local community transmission likely in the future, plan ahead for how you'd handle school closures or home quarantine. Make sure you have 2 weeks of food, medications and other necessities.



WWW.PLACER.CA.GOV/CORONAVIRUS