

How can I avoid getting the novel coronavirus (COVID-19)?

Steps you can take to prevent the spread of flu and the common cold can also help prevent the spread of the coronavirus.



WASH YOUR HANDS often with soap and water. *If soap and water aren't available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.*



AVOID TOUCHING your eyes, nose, and mouth.



AVOID CONTACT with sick people and **STAY HOME** if you are sick.



COVER YOUR MOUTH AND NOSE with a tissue or sleeve when coughing or sneezing.

Stay up to date on the coronavirus outbreak with reliable sources such as the CDC and World Health Organization.

Follow us!
Twitter:
[@LouMetroHealth](https://twitter.com/LouMetroHealth)

Facebook:
[@LouPublicHealth](https://www.facebook.com/LouPublicHealth)



Stay up to date on the coronavirus outbreak with reliable sources such as the CDC and World Health Organization.

Follow us!
Twitter:
@LouMetroHealth

Facebook:
@LouPublicHealth



COVID-19

What is it?

Coronavirus (COVID-19) is a new respiratory virus that has the potential to cause severe illness and pneumonia in some people

How is it spread?



Through the air
by coughing and
sneezing



Close personal
contact, such
as touching or
shaking hands



Touching an object or
surface with the virus on
it, then touching your
mouth, nose, or eyes

What are the symptoms?

Illnesses can be mild, or in some cases be severe enough to require hospitalization. Symptoms of this respiratory illness primarily include:



Fever



Cough



Shortness of
Breath

Symptoms may show up 2-14 days after exposure

How is it prevented?

Similar to prevention of other respiratory illnesses, including the flu:

- Wash hands often
- Avoid touching eyes, nose, or mouth with unwashed hands
- Avoid contact with sick people
- Stay home while you are sick; avoid others
- Cover mouth/nose with a tissue or sleeve when coughing or sneezing

PEOPLE SHOULD NOT BE EXCLUDED FROM ACTIVITIES BASED ON THEIR RACE OR COUNTRY OF ORIGIN.

When to seek medical evaluation and advice:

If you have symptoms like cough, fever, or other respiratory problems, call your healthcare provider. Isolate yourself and wear a mask before leaving the house. Do not go to the emergency room. Emergency rooms need to be able to serve those with the most critical needs.

CALL your healthcare provider if you feel you have COVID-19 and follow their advice.

Kentucky COVID-19 Hotline 1-800-722-5725