

# COVID-19

What you need to know about novel coronavirus.



COVID-19 is spreading in Washington state. Everyone should take steps to protect their health and the health of people around them.

## What is COVID-19?

- COVID-19 is an illness caused by a new type of coronavirus.
- Most people who get COVID-19 experience mild symptoms similar to a cold.
- Some people are at higher risk for severe illness, including people with health conditions, older adults, and pregnant women.
- Currently there is no vaccine available.

## Symptoms



Fever



Cough



Difficulty breathing

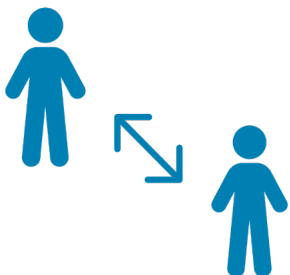
## How it spreads

Experts believe COVID-19 is most commonly spread through:

- Coughing and sneezing
- Close contact with someone who is sick
- Touching a surface or object that has the virus on it

## Practice social distancing

Social distancing means keeping extra space between yourself and others to reduce the risk of getting or spreading COVID-19.



- Keep at least 6 feet of space between yourself and others whenever possible.
- Stay home as much as you can.
- Avoid crowded areas.
- Greet people without touching.
- Help family and friends who need assistance staying home.

## STAY HEALTHY



Wash hands often with soap and warm water.

Cover your coughs and sneezes with a tissue or your elbow.



Avoid touching your eyes, nose or mouth.

Stay home when sick and avoid close contact with people who are sick.



Clean and disinfect frequently used surfaces and objects.

Contact your health care provider if you need medical evaluation or are at risk for complications.



## STAY INFORMED:

[cdc.gov/coronavirus](https://cdc.gov/coronavirus) | [doh.wa.gov/coronavirus](https://doh.wa.gov/coronavirus) | [jeffersoncountypublichealth.org](https://jeffersoncountypublichealth.org)

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