Share Facts, Not Fear

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors. For up-to-date information, visit CDC's coronavirus disease 2019 <u>situation summary page</u>.



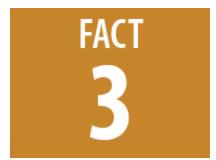
Frequent hand hygiene is the #1 way to prevent the spread of infection

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, and sneezing. If soap and water is not available, use alcohol based hand rub to complete hand hygiene.



The risk of getting COVID-19 in the U.S. is still extremely low.

Some people who have traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.



People who are in quarantine are monitored by public health, screened for signs and symptoms of COVID-19 and most of these individuals do not show signs and symptoms of the virus.

These individuals are under watchful eye due to possible exposure to an individual infected with COVID-2019. Quarantined individuals are not necessarily infected.



You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you have traveled to a location where a current outbreak is occurring and feel sick. Call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms.



There are simple things you can do to help keep yourself and others healthy.

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.