

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 [situation summary page](#).

FACT 1

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.

FACT 2

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.

FACT 3

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.

FACT 4

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.

FACT 5

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.

