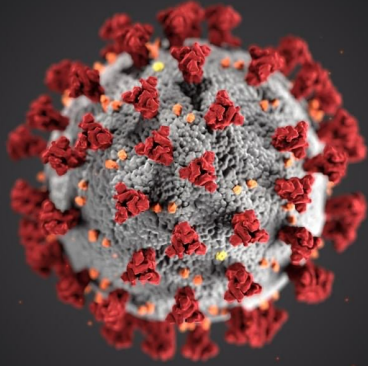
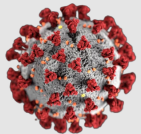


COVID-19 Coronavirus

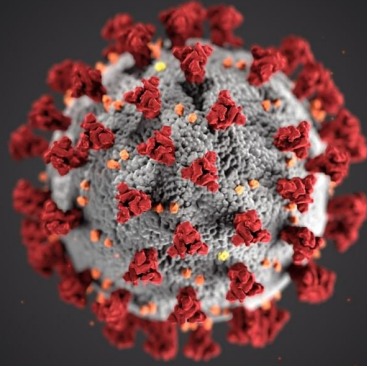


Novel coronavirus (COVID-19) is a new respiratory virus spreading from person-to-person. There are no treatments for it. Most people will recover on their own, but some people may develop pneumonia and require medical care or hospitalization.

The same steps you take to reduce the spread of flu or other respiratory illnesses are key tools for reducing the spread of coronavirus. These steps can be found on the back of this handout.

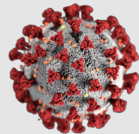


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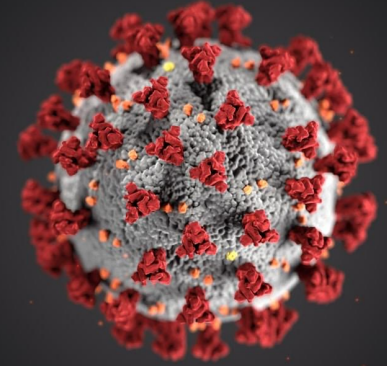


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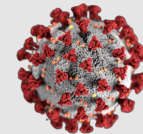


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Help Stop the Spread of Illness

- Keeps hands away from mouth, nose, and eyes to avoid transferring germs.
- Cover coughs and sneezes with elbow.
- Maintain a minimum of six feet of distance between yourself and others when feasible.
- Avoid sharing personal items like dishes, drinking glasses, cups, eating utensils, towels, and bedding with other people.
- Avoid contact with people who are sick.
- If you live alone, ask someone you trust to check in with you if you become sick.
- When sleeping, attempt to increase your distance from others when feasible.
- Wash your hands and use alcohol based hand-sanitizer when available.

To Learn More...

Visit www.snohd.org/ncov2019,
www.doh.wa.gov/coronavirus or
www.cdc.gov/coronavirus/2019-ncov/index.html.

Follow the Snohomish Health District on social media
(facebook.com/SnohomishHealth, twitter.com/snohd)

A statewide hot line also has been set up at
1-800-525-0127, then press #.



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