



Mayor Sylvester Turner



# Protecting Yourself and Others from COVID-19

## What is COVID-19?

- Coronavirus Disease 2019 is an illness caused by COVID-19, a virus that is highly contagious and spreads very easily from person-to-person. We are still learning how it spreads.
- COVID-19 is a new coronavirus, and there is currently no vaccine.
- Coronavirus Disease 2019 symptoms can range from mild (or no symptoms) to severe illness.

## How does COVID-19 spread?

- People who are infected often have symptoms of illness, but some people without symptoms may be able to spread virus.
- COVID-19 spreads from respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in a nearby person's mouth or nose or possibly be inhaled.

## Does COVID-19 spread from contact with contaminated surfaces or objects?

- When a person coughs, sneezes, or talks, respiratory droplets land and may contaminate surfaces or objects.
- COVID-19 may persist on a surface for a few hours or up to several days.
- If you touch a surface or object contaminated with COVID-19 and then touch your mouth, nose, or eyes, you can become infected.

## How do I prevent COVID 19 infection?

- Stay home, except for essential items like groceries or medication.
- Use a cloth face cover when in public, for example when going to grocery store.
- Wash your hands with soap and water for at least 20 seconds often.
- If you don't have soap and water available, use hand sanitizer with at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Always avoid touching your nose, mouth, eyes with unwashed hands.
- Always cover your coughs and sneezes with a tissue and throw it away, or use the elbow of your sleeve; clean hands afterward.
- Clean and disinfect frequently touched surfaces and objects daily with EPA-approved disinfectants.
- Take care of yourself. Get rest and stay hydrated.
- Always practice social distancing.
- Wear a face cloth or mask.

## What is social distancing?

- Stay at least six feet from others.
- Do not gather in groups.
- Avoid crowded places.
- Avoid close contact with others and those who are sick.
- Stay at home as much as possible.
- Stay away from people who are at higher risk of getting sick. Note that older adults and people of any age who have serious underlying medical conditions are at higher risk.

## Am I sick with COVID-19?

- If you have primary symptoms of a fever, cough, shortness of breath or difficulty breathing, chills, muscle pain, headache, sore throat, new loss of taste or smell, call your doctor.
- Call 911 if you have a life-threatening medical emergency.
- If you think you have COVID-19, avoid public transportation, ride-sharing, or taxis and stay away from other people and pets.

Mayor's Health Equity Response Task Force #HER



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COVID-19 Call Center: 832-393-4220