# CORONAVIRUS

Sometimes people get sick from a cold or flu virus.

The coronavirus is similar to a flu or cold virus.



People who become sick from coronavirus may have a cough, fever or shortness of breath.

A person can become sick from the coronavirus by:

Being coughed or sneezed on,

Touching someone who has the virus (shaking hands),

Touching a surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.

There are some simple ways to prevent coronavirus from spreading. These include:

1. Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available use hand sanitizer.

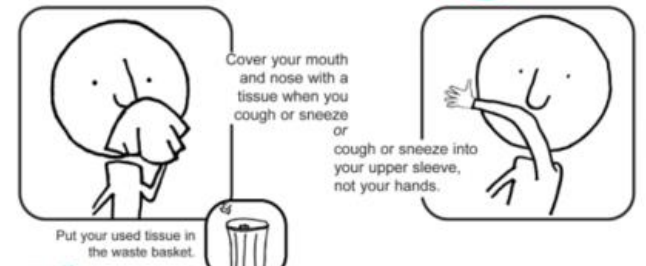2. Avoid touching your eyes, nose and mouth with unwashed hands.

3. Cough or sneeze into a tissue and throw it away.
   If you don't have a tissue, cough or sneeze into your elbow.

4. Avoid close contact with people who are sick.

Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze
or
cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

5. Clean and disinfect frequently touched objects and surfaces.

6. Stay home when you are sick.

Learning about the coronavirus might make
you feel different emotions.

It is **okay** to feel this way

If you have any questions about the coronavirus or want to learn more, you can talk to your staff about helping you find helpful information.