

Learning About COVID-19 and Protecting Myself

WHAT IS COVID-19?

COVID-19 is a new virus that is sometimes called the Corona Virus. It spreads through the air when people cough and sneeze and when you touch things that have the virus, then touch your face.

HOW DO I PROTECT MYSELF?

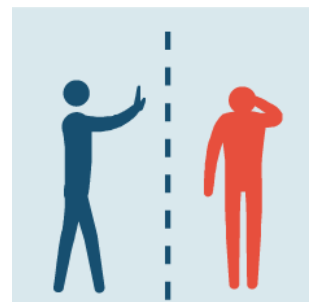
WASH YOUR HANDS FREQUENTLY:

- Wash your hands with soap and water.
- Dry your hands with a paper towel, or with your own towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



KEEP DISTANCE:

- Limit the number of visitors to your home.
- Avoid handshakes and high-fives.
- If you are in a room with other people, keep a distance of at least three to six feet.
- Avoid getting too close to people who are sick, sneezing or coughing.
- Avoid crowded public spaces and public places where you are close to other people.



AVOID TOUCHING EYES, NOSE, MOUTH:

- Hands touch surfaces like doorknobs, TV remotes and mobile phones, and can pick up viruses.
- Once the virus is on your hands, you can get sick by touching your eyes, nose or mouth.



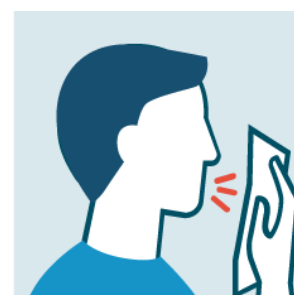
KEEPING MY HOME CLEAN:

- Keep surfaces like taps, counter tops and doorknobs clean by using products that kill germs and viruses.



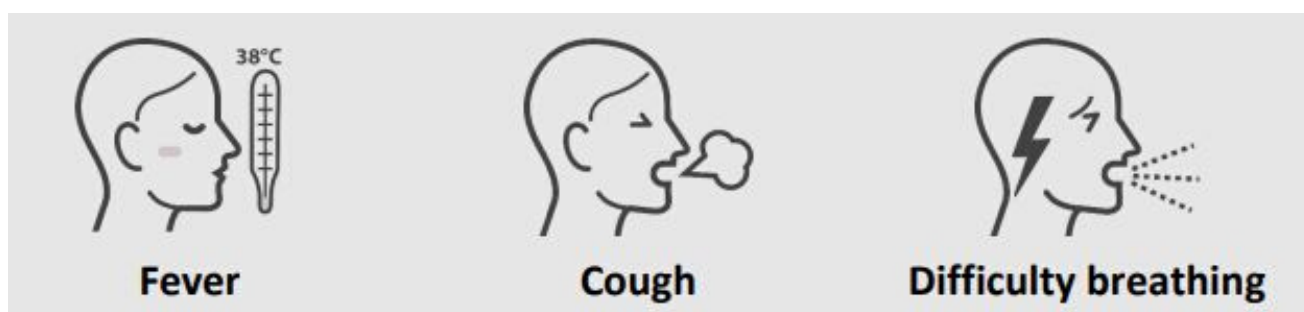
COVER COUGHS AND SNEEZES:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in the garbage, and wash your hands.



How Do I Know If I Have COVID-19?

COVID-19 Symptoms



Just because you have one or more of the symptoms, doesn't mean you have COVID-19. There is a special test to find out if you have the virus.

What to do if you develop these or any other symptoms?

- **TELL MY SUPPORT WORKER**
- **STAY HOME**
- **AVOID CONTACT WITH OTHERS**