



(COVID-19)

# CORONAVIRUS

Tips for staying **Healthy**



## TIPS

- **Avoid close contact** with people who are sick.
- **Stay home** when you are feeling sick.
- **Cover your cough or sneeze** with a tissue.
- **Avoid touching** your eyes and mouth.
- **Wash your hands** with soap for at least 20 seconds.



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## CORONAVIRUS Symptoms and Complications



The following symptoms may appear 2 - 14 days after exposure:

**FEVER, COUGH and**  
SHORTNESS of BREATH

If you experience any of these symptoms, call your primary care provider.

