

CORONAVIRUS

(COVID-19)

Tips for staying **Healthy**



AVOID

close contact with people who are sick.

STAY

home when you are feeling sick.

COVER

your cough or sneeze with a tissue.

WASH

your hands with soap for at least 20 seconds.

AVOID

touching your eyes, nose and mouth.

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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.