

COVID-19 – Prevention, Common Symptoms and Self Care

Symptoms of COVID-19

- Cough
- Fever
- Chills
- Muscle aches
- Shortness of breath
- Sore throat
- New loss of taste or smell

What to Do If You Are Sick

Most people have mild illness and are able to recover at home. If you think you have been exposed or are sick, you should contact your healthcare provider.

In general, you should:

- Get lots of rest
- Stay hydrated
- Take over the counter medications such as acetaminophen to reduce fever
- Stay away from others and use a separate bathroom
- Cover your coughs and sneezes
- Avoid sharing personal items
- Monitor your symptoms and seek emergency medical care immediately if you have any:
 - Trouble breathing
 - Persistent chest pain or pressure
 - New confusion
 - Bluish lips or face
 - Inability to wake or stay awake

Steps to Prevent The Spread of COVID-19

- Stay at least 6 feet (about 2 arm's length) away from other people (social distancing)
- Cover you cough with a tissue and then throw it in the trash and wash your hands
- When in public, wear a cloth face covering over your mouth and nose
- Do not touch your eyes, nose and mouth
- Clean and disinfect frequently touched objects and surfaces
- Stay home when you are sick, except to get medical care
- WASH your hands often with soap and water for at least 20 seconds

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)