

# COVID-19 What you need to know

## Protect yourself & clean hands often.



Use clean running water



Apply soap



Lather soap for at least 20 seconds



Scrub backs of hands & between fingers



Rinse



Dry with a clean towel or air dry

Use a hand sanitizer that contains at least 60% alcohol.

Cover all surfaces of your hands and rub them together until they feel dry.



## Slow the spread & protect others

Avoid touching your eyes, nose and mouth

Cover coughs and sneezes

Throw used tissues in the trash

Clean and disinfect frequently

Avoid close contact with others

If you are sick, stay home

Source: Centers for Disease Control and Prevention

# FACTS. OVER FEAR

COVID-19

## Common Symptoms\*

FEVER

COUGH

SORE THROAT

DIFFICULTY BREATHING

CHILLS

MUSCLE PAIN

NEW LOSS OF TASTE OR SMELL

## Transmission

Coughs or sneezes from infected person or touching contaminated objects

*\*Symptoms may appear 2-14 days after exposure.*

**SANFORD**  
HEALTH

