

Limiting the transmission of COVID-19



What is coronavirus COVID-19?

The new coronavirus 2019 (COVID-19) is a new respiratory virus that affects the respiratory system, including the lungs and airways. People of all ages are susceptible to COVID-19.

Older people and people with preexisting conditions (high blood pressure, heart conditions, or diabetes), seem to be more vulnerable and experience the illness more severely.

Despite the fact that the outbreak moves quickly and will continue to spread, taking precautions and staying informed can help protect your community and your family.

The coronavirus does not discriminate based on race, nationality or ethnic origin. There is no way to know if a person is a carrier by just looking at them.

What can you do to protect yourself and your family?

We all need to take time to [make sure our homes are ready](#), including picking up supplies, planning childcare, and knowing how to respond if you have any symptoms.

You can help prevent the spread of COVID-19 by taking basic health precautions that include:

Staying home when you are sick.

Stay home for at least 3 days fever-free without the help of medication and for at least 7 days after your symptoms first appear.

Practice social distancing.

Limit going to the store, businesses and other public spaces. Work from home if you are able to. [Limit your contact](#) with individuals outside your home and keep a distance of 6 feet when you become in contact with others. Avoid being in groups of more than 10 people.

Do not isolate.

Find new ways to stay in touch with friends and family. Call them on the phone or book a night for video-calling. Plan to read the same book or to watch the same movie and then discuss it over the phone or online.

Practice good hygiene.

Wash your hands for 20 seconds or use a hand sanitizer. Cover your mouth with tissue or with your upper sleeve when you cough or sneeze. Avoid touching your eyes, nose or mouth, and sanitize all frequently touched surfaces.

Maintain a healthy lifestyle.

Eat healthy food, exercise (it's alright to be outdoors as long as you stay away from others) and keep a regular sleep schedule. Learn how to manage anxiety and stress.

Take care of your pregnancy.

Pregnant women and families with infants may read information about pregnancy, delivery and breastfeeding during COVID-19. Families can also obtain information about pets.

