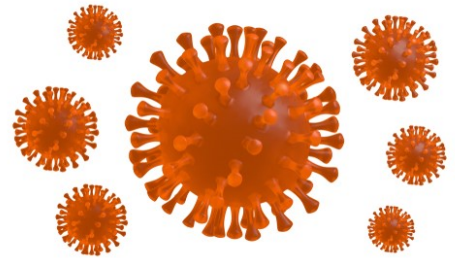


Novel Coronavirus/COVID-19

What is the COVID-19?

The novel coronavirus is a new coronavirus and the one causing COVID-19 (coronavirus disease 2019). This virus is a respiratory infection that emerged in Wuhan Province, China in December 2019.



How does it spread?

COVID-19 spreads between people who are in close contact (within about 6 feet) with each other when an infected person coughs or sneezes. You may also get it by touching a surface or object that has the virus on it and then touching your mouth, nose, or eyes.

What are the symptoms of COVID-19?

Symptoms appear from 2 to 14 days after exposure, range from mild to severe, and may include a fever, coughing, and/or trouble breathing. **Some people have no symptoms but can still spread the virus.**

Who is at risk for COVID-19?

For most people, the risk of becoming seriously ill from the virus is thought to be low. Older adults and people of any age with health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness.

How can you stop the spread of COVID-19?

This applies to EVERYONE regardless of your age.

- Wash your hands often, with soap and water, for at least 20 seconds. Use alcohol based sanitizer only if you can't wash.
- Stay home if you can, especially if you are sick.
- Avoid contact with sick people.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing.
- Avoid touching your eyes, nose, and mouth.

For more information: vdh.virginia.gov/coronavirus/



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