HOW TO MANAGE COVID-19

3 MAIN SYMPTOMS OF COVID-19:
1. Fever (greater than 100.4°F)
2. Cough
3. Shortness of breath

THE WARNING SIGNS: The Centers for Disease Control and Prevention (CDC) recommends seeking medical attention immediately if you develop the following warning signs:
- Trouble breathing - shortness of breath when at rest or walking short distances (12-15 feet)
- Persistent pain or pressure in your chest
- New onset of confusion or unable to arouse
- Bluish lips or face

Note: This list is not all inclusive. If you are unsure if you should be tested for COVID-19 or seek medical attention, you should consult your physician. The CDC offers an interactive “Self-Checker” guide online at: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

HIGHER-RISK INDIVIDUALS: Older adults and persons with severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness.

HOW COVID-19 SPREADS: AVOID BEING EXPOSED TO THIS VIRUS
- The virus is thought to spread mainly from person-to-person, through close contact with one another (within about 6 feet) by respiratory droplets produced when an infected person coughs, sneezes or talks.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.
- The virus may also be spread by touching contaminated surfaces and then touching your face with unwashed hands.

PROTECT YOURSELF AND OTHERS

1. Clean your hands often.
   - Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place or after blowing your nose, coughing or sneezing.
   - If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

2. Avoid touching your eyes, nose and mouth with unwashed hands.

3. Avoid close contact.
   - Avoid close contact with people who are sick.
   - Put distance between yourself and other people - at least 6 feet apart.
   - Stay home as much as possible.

4. Cover your mouth and nose with a cloth face cover when around others to protect them in case you are infected.
   - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

5. Cover coughs and sneezes
   - Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
   - Throw used tissues in the trash and immediately wash your hands.

6. Clean and disinfect frequently touched surfaces daily.
   - This includes tables, doorknobs, light switches, counter tops, handles, desks, phones, keyboards, toilets, faucets and sinks.
   - If surfaces are dirty, clean them using a detergent or soap and water prior to disinfection.

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