

# COVID-19: What to Do

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**Wash hands** often for 20 seconds and encourage others to do the same.



If no soap and water available, use hand sanitizer with at least **60% alcohol**.



**Cover coughs** and sneezes with a tissue, then throw the tissue away.



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



**Disinfect surfaces**, buttons, handles, knobs and other places touched often.



**Avoid close contact** with people who are sick.

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Symptoms of COVID -19 may show up 2-14 days after exposure and may include fever, cough and shortness of breath. If you are in generally good health and have a mild illness, stay home and take care of yourself like you would for the flu. If symptoms worsen, call your doctor.

If you are 65 years or older and/or have other medical problems like heart disease, lung disease, diabetes, high blood pressure or cancer – and have fever or symptoms - call your doctor. If you are not sick enough to be hospitalized, you can recover at home.