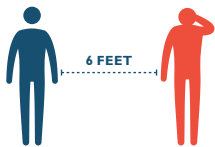
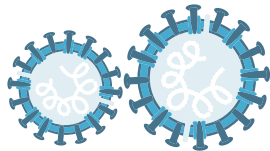


COVID-19

A new coronavirus, first identified in China in December 2019, has caused an outbreak of respiratory illness that the World Health Organization named COVID-19 in February 2020.



The virus usually spreads from **CLOSE PERSON-TO-PERSON CONTACT** through respiratory droplets from coughing and sneezing.



The virus may also spread **THROUGH AIRBORNE TRANSMISSION**, when tiny droplets remain in the air even after the ill person leaves the area.



SYMPTOMS MAY DEVELOP WITHIN 14 DAYS OF EXPOSURE to the illness.



Only **DESIGNATED LABORATORY TESTS** can diagnose the virus.

SYMPTOMS OF COVID-19 INCLUDE:



COUGH



FEVER



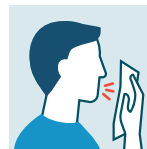
SHORTNESS OF BREATH

In rare cases, it can lead to severe respiratory problems, kidney failure or death.

THE BEST WAY TO PROTECT YOURSELF



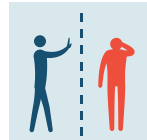
Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands.



Avoid close contact with people who are sick, sneezing or coughing.



Stay home when you are sick.



Clean and disinfect surfaces and objects people frequently touch.



The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores)



If you feel sick stay home unless it is an emergency to reduce your risk of catching or spreading illness, even if your symptoms are mild.

If your symptoms are severe or you feel like you need medical care, call before you go to a doctor's office, urgent care center or emergency room. Describe your symptoms on the phone.

For more information, please visit hopkinsmedicine.org/coronavirus.



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