



What is COVID-19?

Coronavirus is a type of virus transmitted from animals to humans.

Once a new strain infects humans, it is called a “novel coronavirus” and can cause sicknesses ranging from a common cold to severe respiratory illness. The novel coronavirus spreading in the United States causes coronavirus disease 2019, or COVID-19.

If you have questions about COVID-19, please call the hotline at 866-941-4785.

What if someone in my house becomes sick?

Have a plan. Select room for quarantine. Clean and disinfect frequently-touched objects and surfaces.

1

WHAT ARE THE SYMPTOMS?

Cough, fever, and difficulty breathing.

2

HOW IS IT SPREAD?

Close contact with an infected person (within six feet or 10 minutes or more)

Uncovered coughing or sneezing on the other people or surfaces

3

WHAT IF I THINK I HAVE COVID-19 (CORONAVIRUS)?

Before going to a doctor’s office, emergency room, or testing site, **call a doctor first** to discuss your symptoms.

What can I do to protect myself and my loved ones?

Wash your hands often with soap and water for at least 20 seconds. Avoid people with flu-like symptoms. Cover your cough with your sleeve or a tissue and dispose. Don’t touch your face, nose, mouth or eyes. Stay away from others if you have flu-like symptoms.

Don’t have a doctor?
[Click here to find one.](#)