

corona *facts* and *prevention* tips

Corona symptoms may appear 2-14 days after exposure and can range from mild to severe.
Symptoms include:



- Fever
- Cough
- Shortness of breath

The CDC recommends calling your physician IF you have symptoms AND have been in close contact with someone known to have Corona or traveled within the past 2 weeks.

Wash hands with soap and water for at least 20 seconds.



Hand-washing is the best way to prevent the spread of germs.

Avoid contact with others who are sick.
Stay home if you are sick.



Cough and sneeze into a tissue or your arm or elbow, not your hands.



Keep your immune system strong:

- Eat plenty of fruits, veggies
- Drink plenty of water
- Minimize sugar intake
- Exercise daily
- Get enough sleep
- Wash your hands
- Avoid contact with others who are sick



Clean and disinfect household objects and surfaces in your home daily.

