



# COVID-19

## What is it?

Coronavirus (COVID-19) is a new respiratory virus that has the potential to cause severe illness and pneumonia in some people

## How is it spread?



Through the air  
by coughing and  
sneezing



Close personal  
contact, such  
as touching or  
shaking hands



Touching an object or  
surface with the virus on  
it, then touching your  
mouth, nose, or eyes

## What are the symptoms?

Illnesses can be mild, or in some cases be severe enough to require hospitalization. Symptoms of this respiratory illness primarily include:



Fever



Cough



Shortness of  
Breath

Symptoms may show up 2-14 days after exposure

## How is it prevented?

Similar to prevention of other respiratory illnesses, including the flu:

- **Wash hands** often
- **Avoid touching** eyes, nose, or mouth with unwashed hands
- **Avoid contact** with sick people
- **Stay home** while you are sick; avoid others
- **Cover mouth/nose** with a tissue or sleeve when coughing or sneezing

PEOPLE SHOULD NOT BE EXCLUDED FROM ACTIVITIES  
BASED ON THEIR RACE OR COUNTRY OF ORIGIN.

Stay up to date on the coronavirus outbreak with reliable sources such as the CDC and World Health Organization.

### Follow us!

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## When to seek medical evaluation and advice:

If you have symptoms like cough, fever, or other respiratory problems, call your healthcare provider. Isolate yourself and wear a mask before leaving the house. Do not go to the emergency room. Emergency rooms need to be able to serve those with the most critical needs.

CALL your healthcare provider if you feel you have COVID-19 and follow their advice.

**Kentucky COVID-19 Hotline 1-800-722-5725**

