What does COVID-19 spread?
The virus is primarily spread from person to person. You can become infected from:

- Close contact (about 6 feet or two arm lengths) with a person who has COVID-19.
- Respiratory droplets when an infected person coughs, sneezes, or talks.
- Touching a surface with the virus on it, then touching your mouth, nose, or eyes.
- Close personal contact, such as touching or shaking hands.

What is coronavirus disease 2019 (COVID-19)?
COVID-19 is an illness caused by a virus that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that has spread worldwide. Symptoms can range from mild to severe illness. People can also be asymptomatic (no symptoms) and still spread the virus to others.

How can I protect myself and others from COVID-19?
There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.

- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer with 60% alcohol if soap and water aren’t available.
- Clean and disinfect frequently touched surfaces.
- Practice social distancing.

Buy your groceries and medicine, go to the doctor, and complete your banking activities online as much as possible.

- If you must go in person, stay at least 6 feet away from others.
- Always wear a cloth face covering that covers your mouth AND nose.

Prevent the spread of COVID-19 if you are sick.
Stay home if you are sick, except to get medical care when needed.

- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from people and pets in your home.
- If you need medical attention, call ahead of time so your medical provider can take the appropriate precautions.

Know your risk for severe illness.

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

Find additional COVID-19 information and resources at www.snhd.info/covid