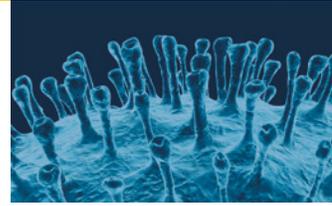


HELP STOP THE SPREAD OF COVID-19/CORONAVIRUS



DO THESE THREE THINGS TO HELP STOP THE SPREAD:

- 1 FOLLOW THE GOVERNOR'S AND COUNTY'S STAY-AT-HOME PUBLIC HEALTH ORDERS,** which require that you stay at your place of residence except when you need necessities, such as food or medical supplies. You may go outside to care for pets, go on a walk, exercise, and enjoy the outdoors, as long as you do not gather in a group, and there is at least six feet between you and other people.
- 2 DO THE FIVE:**
 - **HANDS:** Wash them often with soap and water for at least 20 seconds or use hand sanitizer.
 - **ELBOW:** Cough or sneeze into it, or into a tissue that is immediately thrown away.
 - **FACE:** Don't touch it, especially your nose, mouth and eyes.
 - **SPACE:** Keep a safe distance from others (at least 6 feet).
 - **HOME:** Stay at home, especially if you are sick.
- 3 FOLLOW THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) RECOMMENDATIONS**
 - Wear cloth face coverings when in public
 - Frequently clean and disinfect surfaces and objects that are touched and used regularly

Working together means protecting you, your family and the community.

THE FACTS ABOUT COVID-19/CORONAVIRUS

What is COVID-19/Coronavirus?

COVID-19/Coronavirus is a respiratory illness that can spread from person to person. It is highly contagious because some people do not show signs of the illness, yet they can spread it to others.

What are the Symptoms?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. Some become infected but don't have any symptoms. Most people (about 80%) recover from the disease, but one in six people who get COVID-19 become seriously ill and have difficulty breathing.

Who is Most at Risk?

Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness.

When Should I Call the Doctor?

People with fever, cough and difficulty breathing should seek medical attention by calling their doctor.

How Does COVID-19 Spread?

The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.

It's possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

What Could Happen if I Have Covid-19?

Some patients have mild symptoms and recover. Some have more complicated infections and need to be hospitalized. Some patients have pneumonia in both lungs, multi-organ failures and do not survive.

Is There a Vaccine or Treatment?

At this time, there is no vaccine for COVID-19, and there is no specific treatment. The best way to prevent it is to:

- Follow the stay-at-home order
- Maintain social/physical distancing requirements (no closer than six feet from other people)
- Do the Five

What is DO THE FIVE?

1. **HANDS:** Wash them often with soap and water for at least 20 seconds or use hand sanitizer.
2. **ELBOW:** Cough or sneeze into it, or into a tissue that is immediately thrown away.
3. **FACE:** Don't touch it, especially your nose, mouth and eyes.
4. **SPACE:** Keep a safe distance from others (at least 6 feet).
5. **HOME:** Stay at home, especially if you are sick.

Also, frequently clean and disinfect surfaces and objects that are touched and used regularly.

What Does the Stay-at-Home Order Mean?

You must stay at your place of residence except when you need necessities, such as food or medical supplies. You may go outside to care for pets, go on a walk, exercise, and enjoy the outdoors, as long as you do not gather in a group, and there is at least six feet between you and other people.

Sources:

[Centers for Disease Control](#)
[World Health Organization](#)
[Johns Hopkins University](#)
[County of Sacramento](#)