

Coronaviruses spread like the flu or common cold

To protect yourself:

- Try to stay at least 6 feet away from people who are sick.
- Don't shake hands. Use knuckles, fist, or elbows to push buttons. Try to open doors without using your hands.
- Wash your hands vigorously with soap and water for at least 20 seconds. *Tip: sing "Happy Birthday" to yourself twice as you wash.*
- Use hand sanitizer if you can't wash your hands.
- Disinfect surfaces regularly.
- Avoid touching your eyes, nose, and mouth.
- CDC does not recommend that people who are well wear a face mask, because they are ineffective at blocking viruses. But, wearing one may help keep you from touching your face. Any scarf or washable mask may also help in this regard.

"The coronavirus disease 2019 (COVID-19), which used to be called the novel coronavirus (2019-nCoV), is a new type of coronavirus. It causes respiratory illness in people. It was first identified in Wuhan, China.

COVID-19 can spread from person to person. This usually happens through respiratory droplets – when someone with the virus coughs or sneezes, and you breathe it in. Most often, you need to be close to the person (within 6 feet) for it to spread this way. It might be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching your own mouth, nose, or possibly your eyes. But this is not thought to be the main way the virus spreads."

—MedlinePlus

Treatment

- There is no specific treatment recommended for COVID-19. People with COVID-19 should receive care to help relieve symptoms.
- Those with respiratory sickness should stay home and rest, and not go to work or to other public gatherings.
- Sneeze/cough into a tissue and throw it away. Use an elbow if there are no tissues available.
- People who think they may have been exposed to COVID-19 should contact their healthcare provider.

CORONAVIRUS SYMPTOMS, OR SOMETHING ELSE?

COLD OR ALLERGIES

- ITCHY EYES
- STUFFY NOSE
- SNEEZING

FLU OR CORONAVIRUS

- FEVER
- FATIGUE
- BODY ACHES
- COUGH
- WORSENING SYMPTOMS

CORONAVIRUS

- SHORTNESS OF BREATH
- HISTORY OF TRAVEL
- EXPOSURE TO THOSE ALREADY SICK

Source: CDC & Mayo Clinic

THIS IS AN ONGOING SITUATION. FOR THE LATEST, VISIT:

- The Branch-Hillsdale-St. Joseph Community Health Agency: www.bhsj.org
- Michigan Dept. of Health and Human Services: www.michigan.gov/coronavirus
- Centers for Disease Control and Prevention: www.cdc.gov/COVID19