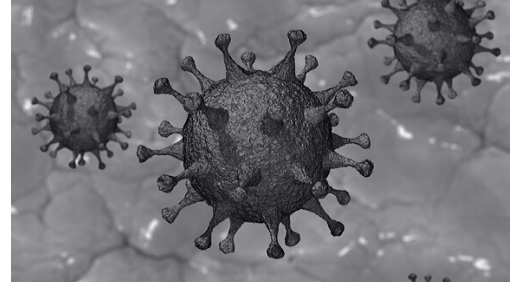


# YOU CAN HELP STOP THE SPREAD OF COVID-19 | CORONAVIRUS



## DO THESE 3 THINGS TO HELP STOP THE SPREAD:

**1 FOLLOW THE GOVERNOR'S & COUNTY'S STAY AT HOME ORDERS**  
which require that you remain at your place of residence except when necessary, such as when you need food or medical supplies/attention. You may go outside to 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 at all times.

**2 PAY SPECIAL ATTENTION TO THE BELOW:**  
**HANDS:** Wash hands often with soap and water for at least 20 seconds.  
**ELBOW:** Cough or sneeze into your elbow or a tissue. Throw tissues away immediately.  
**FACE:** Keep your hands away from your face, especially your nose, mouth & eyes.  
**SPACE:** Stay at least 6 feet away from others at all times.  
**HOME:** Stay at home unless you need to go out for necessities.

**3 FOLLOW THE RECOMMENDATIONS OF THE CENTERS FOR DISEASE CONTROL**  
**WEAR CLOTH FACE COVERINGS IN PUBLIC.** Save medical grade masks for healthcare workers and those on the front lines.  
**FREQUENTLY CLEAN & DISINFECT SURFACES & objects** that are touched and/or used on a regular basis.

**PROTECT YOURSELF, YOUR FAMILY & OUR COMMUNITY.**

**Essential workers** are encouraged to adhere to the recommendations set forth by the CDC.

## **COVID-19 | CORONAVIRUS FACTS**

### **What is COVID-19 | Coronavirus?**

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. It is highly contagious.

### **What are the symptoms?**

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of: fever, cough and shortness of breath. Some individuals have been known to carry the virus while showing no symptoms.

### **How do I know when to call the doctor?**

If you develop emergency warning signs for COVID-19, seek medical attention immediately. These signs include\*: trouble breathing, persistent pain or pressure in the chest, confusion or inability to arouse, and bluish lips or face. \*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

### **How does the virus spread?**

The virus that causes COVID-19 is thought to spread mainly from person to person through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet).

### **What could happen if I contract COVID-19?**

Some patients may have mild symptoms and recover without being hospitalized. Others may have pneumonia in both lungs or multi-organ failure and require hospitalization. In some cases it can cause death.

[Centers for Disease Control](#)

[World Health Organization](#)

[County of Sacramento](#)