

## Things to Know about Coronavirus (Covid-19)

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
  - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - COVID-19 may be spread by people who are not showing symptoms.

## Things you can do to protect yourself from Coronavirus

- Clean your hands often
- Avoid touching your eyes, nose, and mouth
- Cover your mouth and nose with your elbow or a tissue when you cough or sneeze AND remember to throw away all tissues in the trash can (Then wash your hands!)
- Avoid close contact with people who are sick
- **STAY HOME AS MUCH AS POSSIBLE! NO PLAYDATES, PLAYING CATCH OUTSIDE WITH FRIENDS, RIDING BIKES WITH NEIGHBORS, RUNNING WITH CLASSMATES**
- Remain at least 6 feet away from others (Remember, people who may not be showing symptoms of the virus may be able to spread the virus to others)
- Cover your mouth and nose with a face cover if you have to go outside and be around others. The mask is meant to protect other people in case you are infected.
- Continue to maintain Social Distance. The cloth face covering is NOT a substitute
- Clean and disinfect all high touch areas (doorknobs, light switches, desks, phones, toilets, etc)

