

Coronavirus

COVID-19 is a new virus that spreads from person-to-person.

- It can cause mild illness, like the common cold.
- It can cause severe illness like SARS.
- Currently, no treatment or vaccine is available.

Symptoms



Fever.



Cough.



Shortness of breath.

Do I need to be concerned?

Only if you:

- Have these symptoms.
- Visited an affected area in the last 14 days.

Call your healthcare provider before you go to a clinic, urgent care or emergency room.

How does it spread?

- Coughing or sneezing.
- From a sick person who is within 6 feet.
- Touching a surface or object with the virus on it.



Plan ahead.



Have an emergency plan in case children can't go to school or you can't go to work.

Talk to your employer about alternative work arrangements.

Stay healthy



Wash your hands often with soap and warm water.



Cover your coughs and sneezes with a tissue or your elbow.



Clean and disinfect frequently touched objects and surfaces.



When you're sick, stay home and rest.

Learn more and get updated information at tpchd.org/coronavirus.



Tacoma-Pierce County
Health Department
Healthy People in Healthy Communities