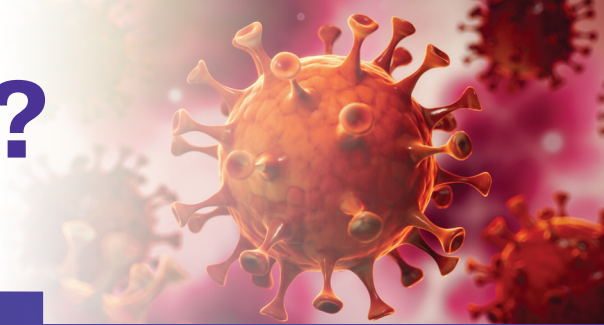


# What is COVID-19?

A Resource for Patients and Families\*



## Know How it Spreads



- 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 in close contact with each other (less than 6 feet).
  - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets may land in the mouths or noses of people nearby or be inhaled into the lungs.

## Protect Yourself



### Keep your hands clean.

- **Wash your hands often** with soap and water for at least 20 seconds, especially after
  - You have been in a public place
  - Blowing your nose, coughing, or sneezing.
- If soap and water are not available, **use a hand sanitizer that has at least 60% alcohol.**
  - Use enough to cover all parts of your hands and rub them together until they feel dry.
- **Do not touch** your **eyes, nose, or mouth** with unwashed hands.



### Avoid close contact. (“Social distancing”)

- **Keep 6 feet between yourself and other people.**
- **Stay away from big groups** of people.
- **Stay home** if you are sick, except to get medical care.

*\*\*Information is based on advice from CDC and APIC as of March 16, 2020*



## Cover coughs and sneezes.

- **Cover your mouth and nose** with a tissue or use the inside of your elbow.
- **Throw out used tissues.**
- Immediately **wash your hands** with soap and water for at least 20 seconds.
  - If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.



## Clean and disinfect.

- Clean AND disinfect frequently touched surfaces (for example, phones, light switches, knobs on doors and sinks)

*\*\*Information is based on advice from CDC and APIC as of March 16, 2020*