

Reducing the spread of COVID-19

Please follow these simple steps to help reduce the spread of COVID-19

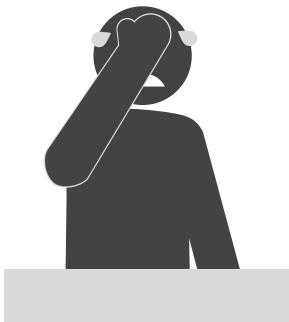
If you have symptoms:



Self-isolate

- Stay home
- Do not go out in public, or go shopping
- Do not have visitors

Monitor for symptoms



- fever
- cough
- shortness of breath
- sore throat
- difficulty swallowing
- loss of sense of smell or taste
- runny nose
- diarrhea
- nausea or vomiting
- abdominal pain

For seniors, young children and people with developmental disabilities, there are additional symptoms, including:

- fatigue
- chills
- delirium with no other obvious reason
- falls
- acute functional decline
- exacerbation of chronic diseases
- headaches
- croup
- conjunctivitis
- multisystem inflammatory vasculitis in children

Get Tested

Protect yourself and others

- stay at home if you're sick
- wash your hands
- avoid touching your face
- clean surfaces
- practice physical distancing
- wear a face covering when inside public spaces; and outdoors if physical distancing is a challenge