Protect yourself and your community from getting and spreading respiratory illnesses like coronavirus disease 2019 (COVID-19).

Practice everyday preventive behaviors!

- ✓ Stay home when sick.
- ✓ Cover your mouth and nose when you cough or sneeze.
- ✓ Wash your hands frequently with soap and water.
- ✓ Clean frequently touched surfaces.
- ✓ See your doctor if you are ill.

What you can do:

- Everyone can do their part to help us respond to this emerging public health threat:
  - The CDC recommends getting a flu vaccine if you haven't already done so.
  - Taking everyday preventive actions to help stop the spread of germs, such as washing your hands frequently and using coughing and sneezing etiquette.
  - If you're elderly or immunosuppressed, try to avoid going out in public places where you may be exposed to flu and other viruses and illnesses until the incidence of coronavirus has lessened.
  - If you have symptoms of a respiratory infection, flu or other virus, stay home and avoid contact with other individuals. Seek medical attention if symptoms worsen or persist.

- Individuals and communities should familiarize themselves with recommendations to protect themselves and their community from getting and spreading respiratory illnesses.
  Check the CDC website frequently for updates: www.cdc.gov/COVID19

- **If you are a healthcare provider**, be on the look-out for people who have been in close contact with a person known to have COVID-19, and people who live in or have recently been in an area with ongoing spread, and have fever and respiratory symptoms. Take care of yourself and follow recommended infection control procedures.

- If you have recently been to an area with ongoing spread of COVID-19 or have been exposed to someone sick with COVID-19 in the last 14 days, you may face some limitations on your movement and activity. Please seek medical attention immediately for an evaluation and testing according to CDC guidance.

Your cooperation is integral to the ongoing public health response to try to slow spread of this virus. If you develop COVID-19 symptoms, contact your healthcare provider, and tell them about your symptoms and your travel or exposure to a COVID-19 patient.

For more information please visit the Coronavirus Disease 2019 Outbreak Page at:
www.cdc.gov/COVID19