How to prevent the spread of:
CORONAVIRUS DISEASE 2019 (COVID-19)

INFECTION PREVENTION STEPS

- ⊘ **Wash** your **hands often** with soap + water.
- ⊘ **Avoid touching** your **eyes, nose + mouth** with unwashed hands.
- ⊘ **Cover** your **cough or sneeze** with a tissue, then **throw the tissue** in the trash.
- ⊘ **Avoid close contact** with people **who are sick**.
- ⊘ **Get a flu shot!**
- ⊘ **Clean + disinfect frequently touched objects and surfaces** such as counters, door knobs, desks, keyboards, tablets and phones.

Keeping hands clean is one of the most important things we can do to stop the spread of respiratory illnesses like flu and COVID-19.

1 USE SOAP

2 PALM TO PALM

3 BACK OF HANDS

4 FINGERS INTERLACED

5 BASE OF THUMBS

6 FINGERNAILS

7 WRISTS

8 RINSE HANDS

9 DRY HANDS

PROPER HANDWASHING TIPS

- **Wash hands thoroughly** with soap + warm water.

- **Wash for 20-30 seconds** or sing "Happy Birthday" two times through.

- Soap and warm water are the best way to clean your hands, but if they aren't available, **use an alcohol-based hand sanitizer, that contains at least 60% alcohol.**

HOW TO USE HAND SANITAZERS

- Apply the sanitizer to the **palm of one hand** (follow label directions on how much to use).

- **Rub hands together.**

- Rub the sanitizer over **all the surfaces of your hands + fingers until** your hands are dry.

What you need to know about:
CORONAVIRUS DISEASE 2019 (COVID-19)

Q: What is COVID-19?

A: Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Q: How does COVID-19 spread?

A: COVID-19 spreads the same way the flu and other respiratory diseases spread, through respiratory droplets produced when an infected person coughs or or sneezes.

Q: What are the symptoms of COVID-19?

A: Patients with COVID-19 have mild to severe respiratory illness with symptoms of fever, cough and shortness of breath. In severe cases, patients with COVID-19 have developed pneumonia in both lungs.

Q: Is there a vaccine for COVID-19?

A: There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Q: Who can be infected with COVID-19?

A: Diseases can make anyone sick regardless of their race or ethnicity. People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

Q: How can I help protect myself from COVID-19?

A: The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19. The same measures that are urged to prevent the spread of any respiratory virus are increasingly important for all Georgians:

- Wash your hands often with soap and warm water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay home if you're sick.
- Avoid close contact with people who are sick.
- Get a flu shot!
- Clean and disinfect frequently touched objects and surfaces.

Q: How is COVID-19 treated?

A: There is no specific antiviral treatment recommended for COVID-19. People with COVID-19 should receive supportive care to help relieve symptoms.

People who think they may have been exposed to COVID-19 should call their healthcare provider *before* going to any provider's office, emergency department or urgent care.

For more information: **dph.georgia.gov/novelcoronavirus**
cdc.gov/coronavirus/2019-ncov/index.html

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