

CORONAVIRUS 411

Prevention tips, symptoms and treatment – here's what you need to know!

Tips for keeping the virus away:



Symptoms (you may not have all)

MILD Symptoms

Begin gradually

- Aches and pains
- Cough
- Diarrhea
- Fever
- Headache
- Nasal congestion
- Runny nose
- Shortness of breath
- Sore throat
- Tiredness

SEVERE Signs and Symptoms

Occur several days in to the illness

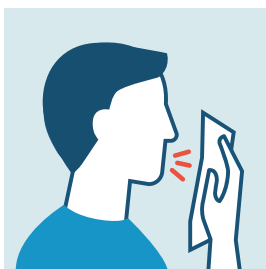
- Significant shortness of breath
- Low oxygen levels
- Abnormal blood tests
- Kidney failure
- Liver failure
- Pneumonia
- Hospitalization

Treatment

Stay home with fever, cough & sneezing—rest



Cover coughs and sneezes



Wash hands with soap often



Disinfect surfaces



Drink extra fluids

Follow doctor's advice

Use non-prescription care for other symptoms

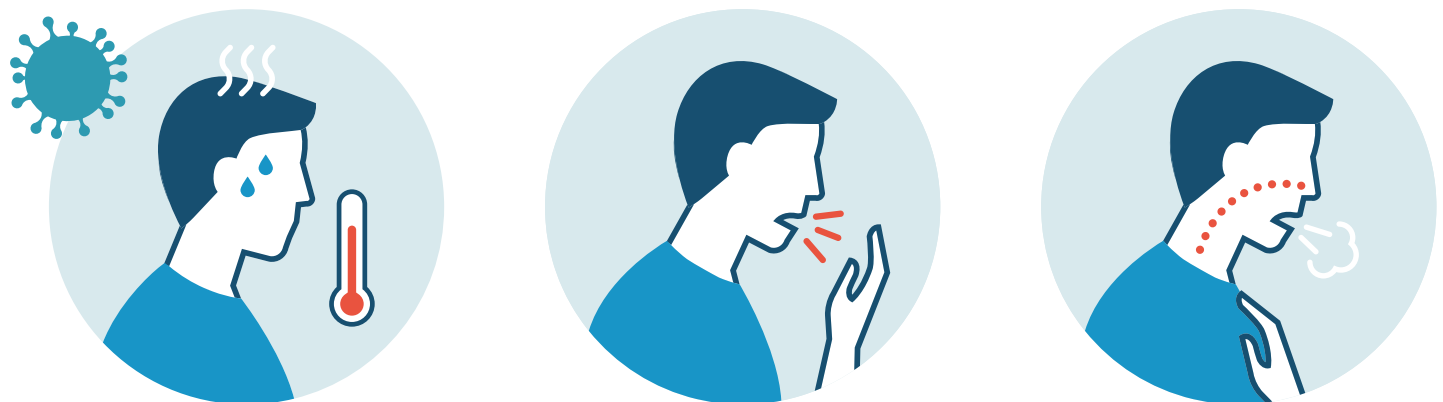
Follow treatment plans for other conditions

Avoid other people

When to Contact Your Doctor

If symptoms do not improve

If treatments for other health conditions become challenging



Fever • Cough • Difficulty Breathing • Existing Chronic Disease

▶ CONTACT MEDICAL PROVIDER

Gloves

Wear gloves when disinfecting surfaces, handling soiled laundry and when caring for others who are sick.



Disposable Surgical Facemask

- Wear if you have cold or flu symptoms and need to go out in public.
- If you are healthy, wear a mask ONLY if you are taking care of someone sick.
- Wash your hands before and after placing a mask on and after taking it off.

The N95 mask requires fitting and should be saved for health care providers.