What are the symptoms of COVID-19?

- Symptoms for COVID-19 include fever/chills and shortness of breath, cough, or sore throat.

How does COVID-19 spread?

- The virus is thought to spread mainly from person to person, between people who are within about six feet of one another, through small droplets produced when an infected person coughs or sneezes. There is also possible spread when a person touches contaminated surfaces or objects, and then touches their own mouth, nose, face, or eyes.
- People are thought to be most contagious when they are most symptomatic (the sickest), although some spread is possible before a person shows symptoms.

What are the symptoms and how severe are they?

- Symptoms seem to appear between 2–14 days after exposure. Illness has ranged from mild to severe, with most people recovering without needing medical treatment. However, hospitalization and deaths have occurred.

How do I protect myself?

*Practice good hygiene!*

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60 percent alcohol. Always wash hands with soap and water if hands are visibly dirty.

Remember that public health emergencies like coronavirus COVID-19 are stressful times for people and communities. Stigma hurts everyone by creating fear or anger toward ordinary people. Diseases can make anyone sick regardless of their race or ethnicity. We can all fight stigma and avoid hurting others by providing social support and sharing facts, not fears.