

PROTECT YOUR FAMILY AND CO-WORKERS

REDUCE THE SPREAD OF COVID-19 AND OTHER VIRUSES

WATCH FOR SYMPTOMS

Know the symptoms of Coronavirus, which can include the following:

- ▶ **Fever or chills**
- ▶ **Cough**
- ▶ **Shortness of breath or difficulty breathing**
- ▶ **Fatigue**
- ▶ **Muscle or body aches**
- ▶ **Headache**
- ▶ **New loss of taste or smell**
- ▶ **Sore throat**
- ▶ **Congestion or runny nose**
- ▶ **Nausea or vomiting**
- ▶ **Diarrhea**

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Help prevent the spread of respiratory diseases, like COVID-19, by:

- ▶ **Washing hands for 20 seconds**
- ▶ **Cleaning and disinfecting frequently touched objects/surfaces**
- ▶ **Avoiding touching your eyes, nose, and mouth**
- ▶ **Staying at least 6 feet (about 2 arms' length) from other people**
- ▶ **Covering your cough or sneeze**
- ▶ **Staying at home when sick**
- ▶ **Using an alcohol-based hand sanitizer**
- ▶ **Wearing a face covering when physical distancing cannot be maintained**

**Think Safe
Think MITA**

