HOW DOES THE VIRUS SPREAD?
- Person to person contact (within 6 feet)
- Via respiratory droplets (2–14 days incubation period)
- By touching surfaces that have the virus, and then touching your nose, eyes, or mouth

PRACTICE PREVENTION

AVOID SHAKE HANDS

PRACTICE HAND HYGIENE REGULARLY

AVOID CLOSE CONTACT WITH SICK PEOPLE

PREVENT THE SPREAD THROUGH SOCIAL DISTANCING (EVEN IF YOU HAVE NO SYMPTOMS)

STAY AND WORK FROM HOME (IF POSSIBLE)

AVOID PUBLIC AREAS AND TRANSPORTATION

AVOID SOCIAL GATHERINGS

WHAT TO DO IF YOU FEEL SICK?
IDENTIFY YOUR SYMPTOMS
- Dry cough
- Fever
- Shortness of breath
- Muscle aches
- Fatigue

WHEN TO SEEK MEDICAL CARE
- If you develop symptoms and have been in contact with someone who recently tested positive, or have been to an area with a known widespread outbreak.

MORE INFORMATION IS AVAILABLE AT WWW.SINAICCOVID19.ORG