What to Know About Coronavirus Disease 2019 (COVID-19)

Prevention — Start With Washing Your Hands

- Washing your hands often with soap and water for 20 seconds is one of the easiest and most effective ways to prevent the spread of germs.
- Avoid close contact with people who are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect surfaces and objects frequently.
- Stay home when you are sick, except to get medical care.

Seeking Care
Call your doctor if you experience symptoms. If your symptoms are life-threatening, call 911.

For more information visit www.cdc.gov/coronavirus/2019-nCoV/index.html and www.vcemergency.com/

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