

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS (COVID-19)

PREVENTION IS KEY TO STOPPING THE SPREAD OF COVID-19



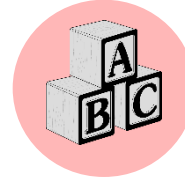
Wash your hands thoroughly and often. Do not touch your face, eyes or mouth.



Cover your cough with a tissue, NOT your hands. Be sure to dispose of the tissue.



If you are sick, **STAY HOME**. If you have symptoms of the Coronavirus, call your doctor before heading to a health care facility.



Clean and disinfect frequently touched objects and high traffic areas of your home or office.



The virus spreads mainly from person-to-person. This happens when people are in close contact with one another. Keeping safe distances from people and avoiding physical contact can help keep you safe.

Signs and Symptoms:

Fever

Dry Cough

Shortness of Breath or
Difficulty Breathing



Keep in mind, some symptoms may become more severe depending on the health of the patient.

Face Masks & Respirators

A mask/respirator should *only* be utilized by people who are already showing symptoms of Coronavirus or healthcare workers.



If you are not sick, you **DO NOT** need to wear one.

Frequently Asked Questions

Who does this affect the most?

People of all ages can be infected. Older people and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) are more vulnerable to becoming severely ill. People who are generally healthy have been known to recover.

How do I know if the news or information I see is correct?

Using reputable sources like the Centers for Disease Control and Prevention (CDC) or the World Health Organization (WHO) can cut down on misinformation being spread by the media.

What happens if Coronavirus comes to my community?

Take the same precautions as stated above and be sure to **CALL** to check on family members who may be immune-compromised, have pre-existing conditions or have little access to get necessities. Those at high-risk for exposure or at high-risk for severe complications should **LIMIT** their visitors and avoid public areas.



SENECA NATION HEALTH SYSTEM