

# WHAT IS COVID-19?

Symptoms, which may range from mild to serious, include:

- Fever
- Dry cough
- Difficulty breathing
- Muscle pain
- Headache
- Sore throat
- Loss of sense of taste or smell
- Fatigue

 **Call a doctor immediately if you experience** 

Trouble breathing • Pressure or pain in your chest • Loss of mental clarity

## How Can You Prevent the Spread of COVID-19?



- Frequently wash your hands for at least 20 seconds.
- Avoid close contact. Try to stay 6 feet (or 2 meters) from others in public.
- Cover your mouth and nose with a cloth face mask when in public.
- Cover your coughs and sneezes with the inside of your elbow.
- Use disinfectant to clean surfaces that are frequently touched.
- If you experience symptoms of COVID-19, stay home and call your doctor.

To learn more, visit:  
[www.cdc.gov](http://www.cdc.gov)

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