



HELP PREVENT THE SPREAD OF NOVEL CORONAVIRUS (COVID-19)



COVID-19 is a respiratory illness caused by a new coronavirus.

Symptoms include coughing, fever and shortness of breath.

To help prevent the spread of the virus and protect yourself, follow these recommendations:



Wash your hands or use hand sanitizer often.



Avoid close contact with people who are sick.



Keep your distance from others when you are sick.



Avoid touching eyes, mouth and nose with unwashed hands.



Cover your cough or sneeze with a tissue, then throw it in the trash and wash your hands.



Eat healthy foods and drink plenty of fluids.

For questions talk to your health care provider or call 2-1-1

For latest updates visit:
www.coronavirus-sd.com



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