

**STAY
SAFE**



COVID-19

PROTECT YOURSELF AND OTHERS

www.cpp.edu/saferreturn



WHAT IS COVID-19?

Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.

It is a new coronavirus that has spread throughout the world.

COVID-19 symptoms can range from mild or no symptoms to severe illness.



KNOW HOW COVID-19 IS SPREAD

COVID-19 is primarily spread from person to person. You can become infected by coming into close contact (about 6 feet) with a person who has COVID-19.

You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.

You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



PROTECT YOURSELF AND OTHERS FROM COVID-19

There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus.

Stay home as much as possible and avoid close contact with others.

Wear a cloth face covering that covers your nose and mouth in public settings.

Clean and disinfect frequently touched surfaces.

Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



PRACTICE SOCIAL DISTANCING

Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.

If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.

Get deliveries and takeout, and limit in-person contact as much as possible.



PREVENT THE SPREAD IF YOU ARE SICK

Stay home if you are sick, except to get medical care.

Avoid public transportation, ride-sharing, or taxis.

Separate yourself from other people and pets in your home.

There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.

If you need medical attention, call ahead.



KNOW YOUR RISK FOR SEVERE ILLNESS

Everyone is at risk of getting COVID-19.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.