

# Novel Coronavirus Disease COVID-19



Updated May 12, 2020

## What is COVID-19?

COVID-19 is a respiratory illness caused by a new, or “novel” coronavirus. Coronaviruses cause respiratory illnesses, such as the common cold.



## How does it spread?

COVID-19 spreads through droplets from sneezes and coughs. It also spreads through close contact with others, including handshakes and sharing food or drinks.

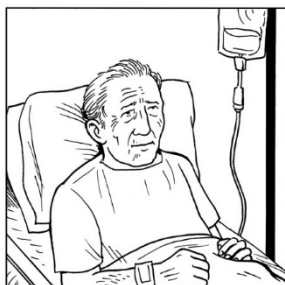
## What are the symptoms?

- Cough
- Difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell



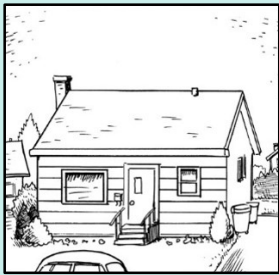
## Who is most at risk?

Older adults, people of any age who have other medical conditions, and pregnant women may be at higher risk for severe illness from COVID-19.

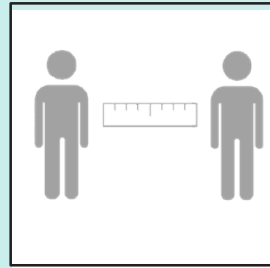


# Protect yourself and your community.

**Stay home** as much as possible. **Especially if you are sick.**



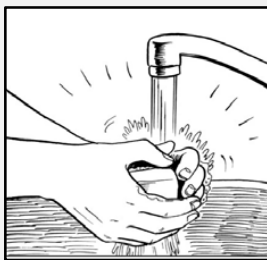
Going to **work** or the **grocery store**?



Stay 6 feet from others.



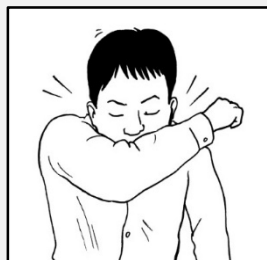
Wear a cloth face covering.



Wash your hands.



Use hand sanitizer.



Cover your coughs and sneezes.



Clean surfaces in your home.



Call before you go to the doctor.



Don't touch your mouth, nose, or mouth.

**Call 9-1-1** if you experience the emergency warning signs of COVID-19

- Trouble breathing
- Ongoing pain or pressure in the chest
- Sudden confusion
- Being unable to respond to others
- Blue lips or face

For other COVID-19 concerns, call your healthcare provider.

Visit [DOH.WA.GOV/Coronavirus](https://DOH.WA.GOV/Coronavirus) or [Coronavirus.wa.gov](https://Coronavirus.wa.gov), call 1-800-525-0127 and **press #** for interpreter services, or **text the word "Coronavirus" to 211211** for more information.