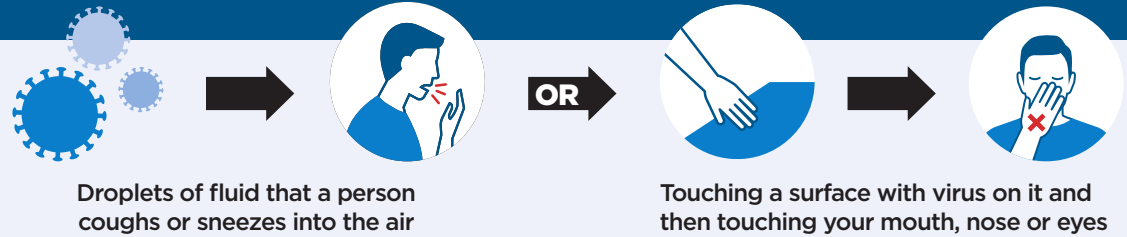


Let's beat COVID-19 together.

ABOUT THE VIRUS

Coronavirus disease 2019 (COVID-19)

The virus causes a mild to severe respiratory illness. How the virus spreads isn't yet fully known. It's likely spread through:



SYMPTOMS

Incubation time period
2 day to 14 days

Symptoms may lead to severe respiratory illness and in some cases, death.



None to mild fever



Fever



Cough



Shortness of breath



Chills or repeated shaking with chills



Headache



Sore throat



Muscle pain



New loss of taste or smell

PREVENTION

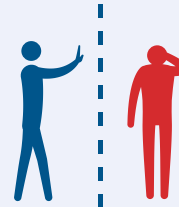
Wash your hands or use an alcohol based hand sanitizer often.



Avoid touching your eyes, nose and mouth.



Do **NOT** have contact with people who are sick.



Clean surfaces often with disinfectant.



WHO IS AT RISK?

If you have been to a location where people have been sick with COVID-19, you are at risk.

Call your health care provider if:

You have been in close contact with a person known to have COVID-19 and you have a fever, cough, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.

OR

You have these symptoms alone, or you have these symptoms and:

- you live in an area with ongoing spread of COVID-19,
- or you have recently traveled from an area with ongoing spread of COVID-19.



For more information about COVID-19, visit [rwjbh.org/covid19](https://www.rwjbh.org/covid19)

RWJBarnabas
HEALTH

Let's be healthy together.