UNDERSTANDING COVID-19

A novel coronavirus has caused an outbreak of respiratory illness that began in late 2019. The disease has led to millions of cases around the world.

AT LEAST 6 FEET

COVID-19 is spread by **CLOSE PERSON-TO-PERSON CONTACT** and **OVER LONG DISTANCES** through respiratory droplets from speaking, coughing or sneezing.

SYMPTOMS MAY APPEAR 2 TO 14 DAYS AFTER EXPOSURE TO THE VIRUS THAT CAUSES COVID-19. A person does not have to have symptoms to spread the virus.

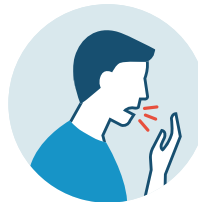COVID-19 **CAN BE DIAGNOSED** with a laboratory or at-home antigen test.

SYMPTOMS OF COVID-19 INCLUDE

FATIGUE

HEADACHE

COUGH

SORE THROAT

FEVER OR CHILLS

CONGESTION OR RUNNY NOSE

SHORTNESS OF BREATH OR DIFFICULTY BREATHING

NEW LOSS OF TASTE OR SMELL

DIARRHEA

MUSCLE OR BODY ACHES

NAUSEA OR VOMITING

In some cases, it can lead to severe respiratory problems, kidney failure or death.

WHEN TO SEEK MEDICAL ATTENTION

Call 911 if you have an emergency.

If you feel sick, stay home and call your medical provider.

Call your health care provider if you have been near someone with COVID-19.

Scan this QR code for more information or visit hopkinsmedicine.org/coronavirus.

JOHNS HOPKINS MEDICINE

UNDERSTANDING COVID-19

A novel coronavirus has caused an outbreak of respiratory illness that began in late 2019. The disease has led to millions of cases around the world.
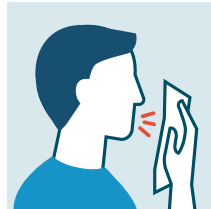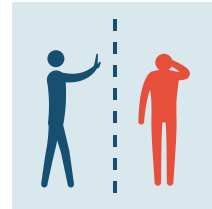
THE BEST WAYS TO PROTECT YOURSELF
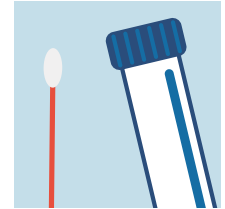
GET VACCINATED
as soon as you can.

WEAR A FACE MASK
when in public to help prevent the spread of the virus.

IF NOT WEARING A MASK
cough or sneeze into a tissue or bent elbow. Throw the tissue in the trash.

WHEN WEARING A MASK
you can cough or sneeze into the mask. Change mask as soon as possible.

PHYSICAL DISTANCING
Stay at least 6 feet away from others.

TEST TO PREVENT SPREAD TO OTHERS
Consider getting tested before joining indoor gatherings with others who are not in your household.

IF YOU FEEL SICK
stay home and call your health care provider.

DO NOT TOUCH YOUR FACE
without washing your hands first.

CLEAN AND DISINFECT
frequently touched objects and surfaces.

HANDWASHING
Frequently wash your hands with soap and water or use a hand sanitizer with at least 60% alcohol.

AVOID CROWDS AND POORLY VENTILATED SPACES.
Avoid indoor spaces that do not offer fresh air.

WHEN TO SEEK MEDICAL ATTENTION

Call 911 if you have an emergency.

If you feel sick, stay home and call your medical provider.

Call your health care provider if you have been near someone with COVID-19.

Scan this QR code for more information or visit hopkinsmedicine.org/coronavirus.

JOHNS HOPKINS
M E D I C I N E