COVID-19
CORONAVIRUS

Public Health Advisory

SYMPTOMS

FEVER
COUGH
SHORTNESS OF BREATH

HOW IT SPREADS

CLOSE CONTACT WITH PEOPLE WHO ARE SICK

SYMPTOMS MAY SHOW UP 2-14 DAYS LATER
THERE IS NO VACCINE YET

PREVENTION

WASH HANDS WITH WATER AND SOAP/SANITIZER, AT LEAST 20 SECONDS
AVOID CONTACT WITH SICK PEOPLE
DON’T TOUCH EYES, NOSE OR MOUTH WITH UNWASHED HANDS
WEAR A MASK

IF YOU ARE SICK

STAY AT HOME
AVOID CONTACT WITH OTHERS
COVER YOUR NOSE AND MOUTH WHEN SNEEZING
KEEP OBJECTS AND SURFACES CLEAN

If you are exhibiting symptoms, phone your healthcare provider for guidance.

People should not be excluded from activities based on their race or country of origin.

TRAVEL ADVICE

AVOID TRAVELLING TO AFFECTED AREAS UNLESS NECESSARY
MAKE SURE YOU HAVE ALL NECESSARY VACCINATIONS AND TRAVEL MEDICATION
SEEK ADVICE FROM YOUR HEALTHCARE PROVIDER
DON’T TRAVEL IF YOU HAVE FEVER AND COUGH
IF YOU BECOME SICK WHILE TRAVELLING SEEK MEDICAL CARE IMMEDIATELY

For more information visit www.phdmc.org

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