

Due to the recent outbreak and spread of the new coronavirus, a respiratory illness first detected in Wuhan, China, it is now more important than ever to take the necessary precautions to protect yourself and the people around you. Below are some tips and tricks to stay healthy and prevent respiratory viruses, such as the coronavirus, from spreading:



..... 1. **PRACTICE GOOD HAND HYGIENE.**

Wash your hands often with soap and water for at least 20 seconds. Be mindful of what you touch, including your keyboard, cell phone, hand shakes and doorknobs. Also, try to avoid touching your face with unclean hands.



..... 2. **COVER YOUR NOSE AND MOUTH.**

Always cover your nose and mouth when you cough or sneeze. Keep tissues handy and always throw the tissue in the trash immediately after use.



..... 3. **DISINFECT SURFACES.**

Regularly disinfect surfaces at home, work or school, especially when someone you know is sick.



..... 4. **PRACTICE HEALTHY HABITS.**

Get plenty of sleep, stay active, manage your stress, drink plenty of fluids and eat nutritious foods.



..... 5. **STAY HOME IF YOU ARE SICK.**

If you are feeling under the weather or have been exposed to someone who has or may have COVID-19, **stay home** and rest until you are feeling better. If you must leave the house, keep your distance from others and/or wear a mask to protect them from getting sick too. If you do suspect you may have the coronavirus, call ahead before visiting your doctor and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

**MORE ABOUT THE CORONAVIRUS**

The 2019 novel coronavirus (COVID-19) is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China. Common symptoms of this virus include:

- Fever
- Cough
- Shortness of breath

Symptoms usually appear 2-14 days after exposure and range from mild to severe, with severe complications being pneumonia and bronchitis. Older people and people of all ages with severe underlying health conditions — like heart disease, lung disease and diabetes, for example — seem to be at higher risk of developing serious COVID-19 illness. The CDC is closely monitoring this situation and is working with the World Health Organization (WHO) and state and local public health partners to respond to this public health threat. For regular updates regarding the coronavirus outbreak, visit [www.cdc.gov/nCoV](http://www.cdc.gov/nCoV).