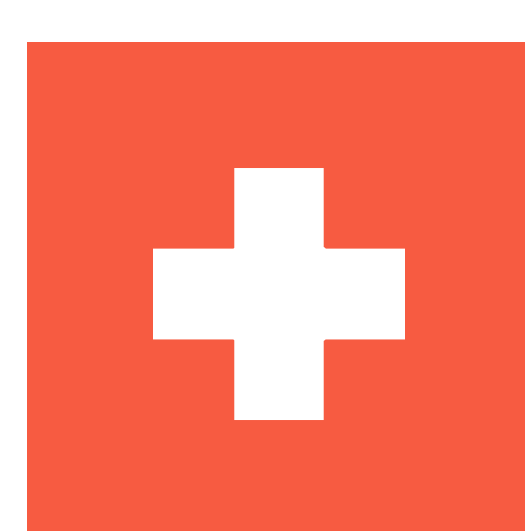




COVID-19 (Coronavirus 2019) QUICK FACTS



March 18, 2020



Know the signs

Although COVID-19 is an illness caused by a new strain of coronavirus, it is not much different than other respiratory viruses. Learn more below!

Symptoms of COVID-19



fever



cough



**shortness of
breath**

IMPORTANT POINT!

Most people have mild symptoms and get better on their own at home. Those most at risk for severe illness are the elderly and those who have other health problems.



WHEN TO SEEK MEDICAL HELP!

If you have any of the following, you should call your health care provider:

- difficulty breathing
- high fever
- other unusual or concerning symptoms

Prevention tips

Preventing COVID-19 is much like preventing other respiratory illnesses like colds and flu.



**wash your
hands**

Wash them often with soap and water.



**stay
home**

Stay home when sick and for a full 24 hours after your fever goes away.



**don't
touch your
face**

This is the easiest way for germs to get into your body.



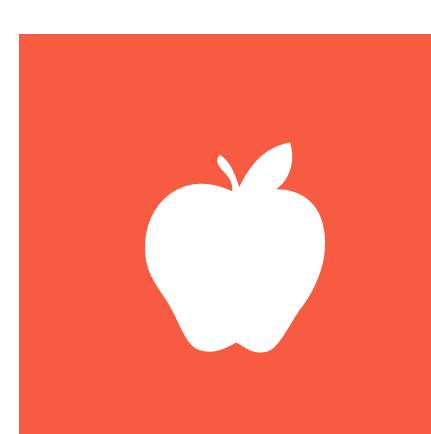
**cover coughs
and sneezes**

This keeps your germs away from others and off your hands.



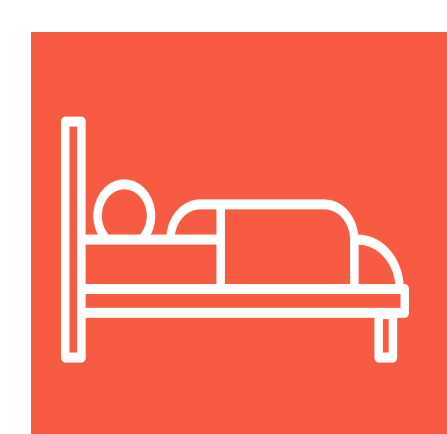
**keep sanitizer
close**

Use sanitizer with at least 60% alcohol, use it often and tell children and people around you to do the same.



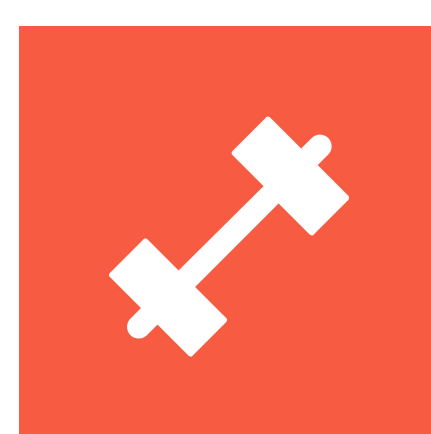
eat right

Eating healthy, balanced meals can strengthen your immune system.



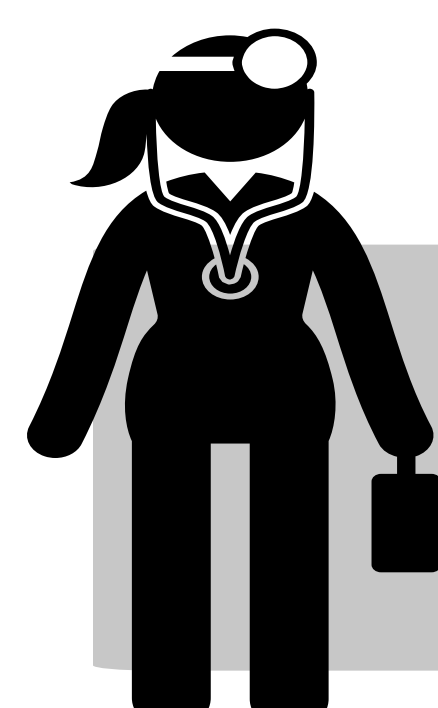
**avoid sick
people**

This help you keep from being exposed to other people's germs. COVID-19 spreads most easily when people have symptoms.



exercise

It boosts your immune system and speeds recovery from illness.



If you have underlying health conditions such as heart disease, diabetes, lung disease, cancer, etc., talk to your doctor now and come up with a plan on what to do if you become sick.

Have questions?

Call the 24/7 COVID-19 call center: 1-800-962-1253. You can also call 2-1-1, text NJCOVID to 898-211, and visit: <https://www.nj.gov/health/cd/topics/ncov.shtml>.