

# How to prevent the spread of: **CORONAVIRUS DISEASE 2019** (COVID-19)

## INFECTION PREVENTION STEPS

- ✓ **Wash your hands often** with soap + water.
- ✓ **Avoid touching** your **eyes, nose + mouth** with unwashed hands.
- ✓ **Cover** your **cough or sneeze** with a tissue, then **throw the tissue** in the trash.
- ✓ **Avoid close contact** with people **who are sick**.
- ✓ **Get a flu shot!**
- ✓ **Clean + disinfect frequently touched objects and surfaces** such as counters, door knobs, desks, keyboards, tablets and phones.

**Keeping hands clean is one of the most important things we can do to stop the spread of respiratory illnesses like flu and COVID-19.**



**1**  
USE SOAP



**2**  
PALM TO PALM



**3**  
BACK OF HANDS



**4**  
FINGERS INTERLACED



**5**  
BASE OF THUMBS



**6**  
FINGERNAILS



**7**  
WRISTS



**8**  
RINSE HANDS



**9**  
DRY HANDS

### PROPER HANDWASHING TIPS

- Wash hands thoroughly with soap + warm water.
- Wash for 20-30 seconds or sing "Happy Birthday" two times through.
- Soap and warm water are the best way to clean your hands, but if they aren't available, use an alcohol-based hand sanitizer, that contains at least 60% alcohol.

### HOW TO USE HAND SANITAZERS

- Apply the sanitizer to the **palm of one hand** (follow label directions on how much to use).
- Rub hands together.
- Rub the sanitizer over **all the surfaces** of your hands + fingers until your hands are dry.

For more information: [dph.georgia.gov/novelcoronavirus](https://dph.georgia.gov/novelcoronavirus)  
[cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)

What you need to know about:

# CORONAVIRUS DISEASE 2019 (COVID-19)

## Q: What is COVID-19?

A: Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Q: How does COVID-19 spread?

A: COVID-19 spreads the same way the flu and other respiratory diseases spread, through respiratory droplets produced when an infected person coughs or sneezes.

## Q: What are the symptoms of COVID-19?

A: Patients with COVID-19 have mild to severe respiratory illness with symptoms of fever, cough and shortness of breath. In severe cases, patients with COVID-19 have developed pneumonia in both lungs.

## Q: Is there a vaccine for COVID-19?

A: There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

## Q: Who can be infected with COVID-19?

A: Diseases can make anyone sick regardless of their race or ethnicity. People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

## Q: How can I help protect myself from COVID-19?

A: The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19. The same measures that are urged to prevent the spread of any respiratory virus are increasingly important for all Georgians:

- Wash your hands often with soap and warm water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay home if you're sick.
- Avoid close contact with people who are sick.
- Get a flu shot!
- Clean and disinfect frequently touched objects and surfaces.

## Q: How is COVID-19 treated?

A: There is no specific antiviral treatment recommended for COVID-19. People with COVID-19 should receive supportive care to help relieve symptoms.

People who think they may have been exposed to COVID-19 should call their healthcare provider **before** going to any provider's office, emergency department or urgent care.

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