

COVID-19 Care Sheet

- Symptoms show 2-14 days after exposure
 - Fever
 - Cough
 - Shortness of breath
- Ways to protect yourself
 - Stay home except for medical care
 - Call your provider or Public Health before you show up
 - Stay away from other people
 - More than 3 feet
 - Encourage social distancing
 - Basic health hygiene
 - Cover sneezes and coughs with elbow or tissue
 - Throw away tissue and wash hands
 - Wash hands frequently
 - Before eating
 - After using the bathroom
 - After sneezing or coughing
 - Clean frequently touched surfaces daily

Do the 5

1. Wash hands often
2. Cough/sneeze into elbow or tissue.
Throw away tissue and wash hands
3. Don't touch your face
4. Stay more than 3 feet apart
5. Feel sick—Stay home