

# WHAT YOU NEED TO KNOW

## About Coronavirus (COVID-19)

COVID-19 is a virus that causes breathing problems in people. The virus passes from person to person through close contact and droplets in the air from coughing or sneezing (like the common cold or flu).

### What are the symptoms?

Most people who get COVID-19 feel like they have the flu. Symptoms can range from mild to severe. They include fever, cough and breathing problems.

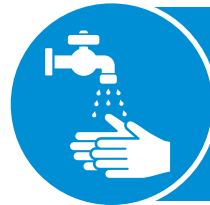
### What should you do if you think you have COVID-19?

Stay home and call your Doctor's office first. Tell them your symptoms and if you've traveled to infected regions or were around people who recently came back from those regions.

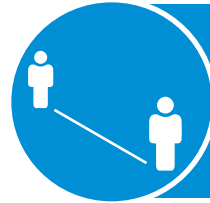
If you can't reach your Doctor or if it's after-hours, you can call our 24-Hour Nurse Advice Line at **1-888-244-4347** or **1-866-577-8355** for TTY users. Our trained Nurses offer medical advice and, if needed, will connect you with a Doctor via phone or video chat.

To get the latest updates on COVID-19, visit [iehp.org](http://iehp.org).

### How can you protect yourself?



Wash your hands often with soap for 20 seconds or use 60%+ alcohol-based hand sanitizers.



Keep at least 6 feet away from others whenever it's possible.



Don't touch your nose, mouth and eyes.



Cover your cough or sneeze with a tissue, then throw it in the trash and wash your hands.



Wear something to cover your mouth and nose when out in public as ordered by your county.



Stay home if you're feeling sick. Avoid close contact with others.