

COVID-19

What you need to know about novel coronavirus.



KITSAP PUBLIC
HEALTH DISTRICT

COVID-19 is spreading in Washington state. Everyone should take steps to protect their health and the health of people around them.

What is COVID-19?

- COVID-19 is an illness caused by a new type of coronavirus.
- Most people who get COVID-19 experience mild symptoms similar to a cold.
- Some people are at higher risk for severe illness, including people with health conditions, older adults, and pregnant women.
- Currently there is no vaccine available.

Symptoms



Fever



Cough



Difficulty
breathing

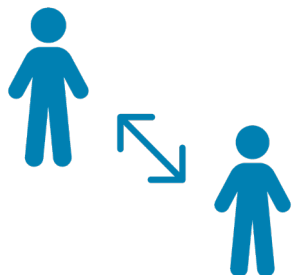
How it spreads

Experts believe COVID-19 is most commonly spread through:

- Coughing and sneezing
- Close contact with someone who is sick
- Touching a surface or object that has the virus on it

Practice social distancing

Social distancing means keeping extra space between yourself and others to reduce the risk of getting or spreading COVID-19.



- Keep at least 6 feet of space between yourself and others whenever possible.
- Stay home as much as you can.
- Avoid crowded areas.
- Greet people without touching.
- Help family and friends who need assistance staying home.

STAY HEALTHY



Wash hands often
with soap and warm
water.

Cover your coughs
and sneezes with
a tissue or your
elbow.



Avoid touching
your eyes, nose or
mouth.

Stay home when
sick and avoid close
contact with people
who are sick.



Clean and disinfect
frequently used
surfaces and
objects.

Contact your health
care provider if
you need medical
evaluation or are at
risk of complications.



STAY INFORMED:

cdc.gov/coronavirus | doh.wa.gov/coronavirus | kitsappublichealth.org

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