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.
- Some people are at higher risk for severe illness, including people with certain health conditions and people aged 65 and older.
- There is no vaccine available.

Common symptoms

Common symptoms of COVID-19 illness inlcude:

Cough

Difficulty breathing

Or a combination of:
- Fever
- Chills
- Shaking with chills
- Muscle pain
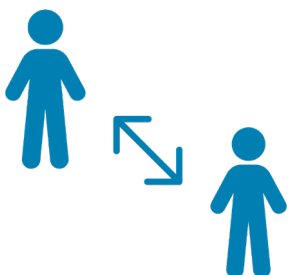- Headache
- Sore throat
- Loss of taste or smell

How COVID-19 spreads

Experts believe COVID-19 is most often spread through:

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

Stay home, stay healthy

Stay home as much as possible to help slow the spread of COVID-19.

- Keep at least 6 feet of space between yourself and others in public.
- Avoid crowded areas.
- Wear a face covering in places where you can't stay 6 feet from others.
- Help family and friends who need assistance staying home.

STAY HEALTHY

Clean hands often with soap and water, or sanitizer.

Cover your coughs and sneezes with a tissue or the crook of your elbow.

Avoid touching your eyes, nose or mouth.

Clean and disinfect frequently used surfaces and objects.

Keep up with preventive health care and treatment of chronic conditions.

Call 911 if you are experiencing a medical emergency.