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 include:

- 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.