

COVID-19

What you need to know about novel coronavirus.



What to do if ...

YOU HAVE COVID-19 SYMPTOMS

...and you have not been around anyone diagnosed with COVID-19.

Could I have COVID-19?

COVID-19 is a respiratory illness caused by a new type of coronavirus.

Common symptoms include:



Fever



Cough



Difficulty breathing

- COVID-19 is spreading in Washington state and Kitsap County.
- Common illnesses such as flu and colds are also in our community.
- Not everyone with these symptoms has COVID-19.

Who is most at risk for severe illness?

Most people who have COVID-19 experience mild illness, similar to a cold or flu. Some people might be at higher risk for severe illness, including:

- Adults older than 65
- People with certain underlying health conditions

If you are at higher risk, stay home and call your health care provider for guidance. Go to [cdc.gov](https://www.cdc.gov) for more information.

You should stay home and rest if you are not at higher risk for serious illness and your symptoms are mild. Not everyone who has COVID-19 symptoms needs to be tested.

Protect your family and community

Take steps to prevent spreading illness to others.



Stay home and avoid close contact with other people.



Monitor your symptoms. If your illness is getting worse, call your health care provider and tell them your symptoms.



Call your doctor before going to the clinic.



If you have an emergency and need to call 911, tell the dispatcher you have COVID-19 symptoms.



Wear a facemask when you are near other people or visiting a clinic.

STAY HOME FOR



DAYS

after your symptoms started

—AND—



DAYS

after your fever goes away & your symptoms improve.