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# KITSAP PUBLIC HEALTH BOARD

## March 3, 2019

### Document entered into the record

#### 1. COVID-19 Fact Sheet

- a. KPHD COVID-19 Fact Sheet dated 3/3/2020

# COVID-19

What you need to know about novel coronavirus.



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, including older adults and people with other health conditions, are at higher risk for severe illness.
- 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

## Be prepared at home and work



Have a plan in case children can't go to school or you can't go to work. Talk to your employer about alternative work arrangements.

Make sure you have essentials, including food, water and medications in your home.

**Masks are not recommended for use by healthy people to prevent COVID-19.**

## 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 are severely ill or at risk of complications.



## STAY INFORMED:

[cdc.gov/coronavirus](https://cdc.gov/coronavirus) | [doh.wa.gov/coronavirus](https://doh.wa.gov/coronavirus) | [kitsappublichealth.org](https://kitsappublichealth.org)