COVID-19 is a type of coronavirus that causes an infection that has now spread all over the world. There are a lot of kinds of coronaviruses. Most cause the common cold. But other coronaviruses are more serious. COVID-19 is new and hasn't been seen in people before. And for some people, it can become serious and dangerous.

As health care and other community services learn more about COVID-19, information can change. It's a good idea to know what's happening in your community, schools, and work. Find reliable sources of information that give you facts about new cases and what you can do to prevent spreading the virus.

What is COVID-19?

COVID-19 spreads person-to-person through droplets from coughing and sneezing.

How is it spread?

It spreads person-to-person through droplets from coughing and sneezing.

What you can do:

1. Stay home to avoid people who may be infected.
2. Wash your hands often and well, especially after you cough or sneeze.
   • Use soap and water.
   • Scrub for at least 20 seconds.
   • If soap and water aren’t available, use an alcohol-based hand sanitizer.
3. Avoid touching your mouth, nose, and eyes.
4. Stay home and ask people not to visit you.

As health care and other community services learn more about COVID-19, information can change.

What can you do if you’re worried?

If you have symptoms, call first before seeking care. Your care one of your health care providers, or we call a nurse.