

# CORONAVIRUS INFORMATION

Questions? Call 2-1-1



## WHAT IS "NOVEL CORONAVIRUS"?

COVID-19 is a new coronavirus that started spreading in people in December 2019. Though health experts are learning more about the virus every day, there is still a lot more to investigate.

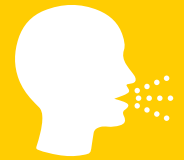
The symptoms are similar to influenza; those include fever, cough, and shortness of breath. Most people recover at home, but it can cause severe illness and pneumonia in some people.



Fever



Cough



Shortness of breath

## ARE WE AT RISK HERE?

The risk is low for the general public in Oregon.

Health officials do worry about people who might be exposed to this virus who are older or have health problems.

## HOW DOES IT SPREAD?

The virus spreads like the flu, when someone who is sick coughs or sneezes close to another person (6 feet). Someone with the virus is most likely to spread the germ to others when they have symptoms like the cough.



## HOW CAN WE STAY HEALTHY?

The best way to kill these germs is to wash your hands frequently. Avoid touching your eyes, nose, or mouth with unwashed hands. Stay home if you feel sick. Cover your mouth and nose if you cough or sneeze.



## WHAT CAN I DO TO PREPARE NOW?

Know your employer's sick leave and telecommuting policies. Have a child care plan in case your kids need to stay home from school. Make sure you have the food and medications you would want if you need to stay home. Get to know any neighbors who might need extra help, like seniors living alone.

For the latest info, visit [multco.us/covid19](https://multco.us/covid19).