

# CORONAVIRUS INFO SHEET

Questions? Call 2-1-1



## WHAT IS "NOVEL CORONAVIRUS"?

This new virus, named COVID-19, has made a lot of people sick in China. Some cases have also been found in other countries, including the United States.

COVID-19 has symptoms similar to the common flu.



Fever



Cough



Shortness of breath

## ARE WE AT RISK HERE?

There are cases of COVID-19 in Oregon, but the risk is low. We know from other countries that most people recover.

Packages from China are safe.  
Restaurants and grocery stores that offer Chinese products are safe.

## HOW DOES IT SPREAD?

The virus spreads like the flu, when someone who is sick coughs or sneezes close to another person. Close means about 6 feet. Someone with the virus is most likely to spread the germ to others when they have symptoms like the cough. Stay home if you are sick.



## HOW CAN I PREVENT GETTING SICK?

The best way to kill any germs is to wash your hands frequently. Masks don't work unless you have been trained on how to use them correctly. Avoid touching your face. Clean and disinfect surfaces that are often touched. Take care of your overall health.



## WHAT CAN I DO TO PREPARE NOW?

Learn about your employer's sick leave and telecommuting policies. Have a childcare plan in case your kids need to stay home from school. Make sure you have food, drinks and medications you would want if you needed to stay home. Get to know your neighbors, especially those who might need extra help like seniors or people living alone.

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