

# Coronavirus

## COVID-19 is a new virus that spreads from person-to-person.

- It can cause mild illness, like the common cold.
- It can cause severe illness like SARS.
- Currently, no treatment or vaccine is available.

## Symptoms



Fever.



Cough.



Shortness of breath.

## Do I need to be concerned?

Only if you:

- Have these symptoms.
- Visited an affected area in the last 14 days.

Call your healthcare provider before you go to a clinic, urgent care or emergency room.

## How does it spread?

- Coughing or sneezing.
- From a sick person who is within 6 feet.
- Touching a surface or object with the virus on it.



## Plan ahead.



Have an emergency plan in case children can't go to school or you can't go to work.

Talk to your employer about alternative work arrangements.

## Stay healthy



Wash your hands often with soap and warm water.



Cover your coughs and sneezes with a tissue or your elbow.



Clean and disinfect frequently touched objects and surfaces.



When you're sick, stay home and rest.



Tacoma-Pierce County

**Health Department**

*Healthy People in Healthy Communities*

Learn more and get updated information  
at [tpchd.org/coronavirus](https://tpchd.org/coronavirus).