PREVENTING THE CORONAVIRUS (COVID-19) INFECTION

Practicing everyday preventive actions can help prevent the spread of respiratory illnesses:

- Avoid close contact when people are sick
- Stay home when you are sick, except to get medical care
- Cover your coughs and sneezes with a tissue and then throw the tissue in the trash
- Clean frequently touched surfaces and objects daily with regular household detergent and water (e.g. tables, countertops, light switches, doorknobs, cabinet handles)
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
    - If soap and water are not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth with unwashed hands

Patients with COVID-19 have mild to sever respiratory illness with symptoms of: **Fever, Cough, and Shortness of Breath**

There is currently no vaccine or antiviral treatment. If you experience these symptoms, please contact your healthcare provider.

Many patients with severe complications from this virus will have pneumonia in both lungs. Please speak to your healthcare provider if you are 65 and older about the pneumonia vaccine.

For more information you can visit the following:

Maryland Department of Health:
https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx
CDC: https://www.cdc.gov/coronavirus/2019-ncov/index.html
Harford County Health Department:
https://harfordcountyhealth.com/coronavirus/