# 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?

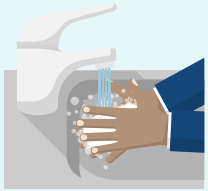
- Coughing or sneezing.
- From close contact with a sick person.
- Touching a surface or object with the virus on it.

## 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.

**Learn more and get updated information at tpchd.org/coronavirus.**

Tacoma-Pierce County
Health Department
*Healthy People in Healthy Communities*