

COVID-19

COVID-19 is a new coronavirus.

It can cause mild illness, like a cold, or severe illness, like pneumonia. No treatment or vaccine exists.

It spreads through moisture droplets when an infected person sneezes, coughs or talks.



Symptoms



Fever, chills, cough, shortness of breath, fatigue, muscle pain, headache, loss of taste or smell, sore throat, stuffy or runny nose, nausea, vomiting, diarrhea.

If you have these symptoms, stay home and call your healthcare provider.



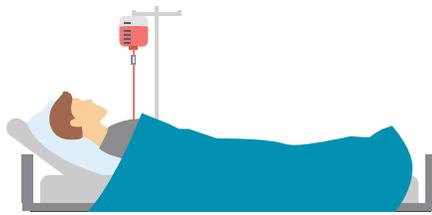
At high risk for severe illness



Age 65 or older.



Live in a care facility.

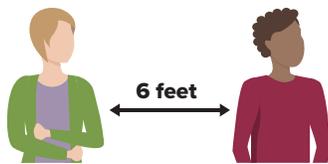


Have an underlying health condition or a weakened immune system.

Prevent the spread of COVID-19.



Stay home as much as you can.



Stay 6 feet away from people you don't live with.



Wear a cloth face mask to keep your germs to yourself.

Protect your health.



Wash your hands often with soap and warm water. Scrub for 20 seconds.



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



Don't touch your face or cloth mask with unwashed hands. Wash your hands first.



Avoid contact with sick people. When you're sick, stay home and away from others.



Tacoma-Pierce County

Health Department

Healthy People in Healthy Communities

Learn more and stay updated at tpchd.org/coronavirus.