Coronavirus

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

- It can cause mild illness, like a cold.
- It can cause severe illness, like pneumonia.
- People with health conditions, over age 60 or who are pregnant are most at risk.
- Currently, no treatment or vaccine is available.

How does it spread?

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

Symptoms

- Fever.
- Cough.
- Shortness of breath.

What if I feel sick?

You should be tested for COVID-19 if you:

- Have a health condition.
- Are over age 60.
- Are pregnant.

Call a doctor. If you need help ask a social worker. Tell them all the symptoms you have.

Do you have severe symptoms?

- Difficulty breathing.
- Pain or pressure in your chest.
- Sudden dizziness.
- Confusion.
- Severe or persistent vomiting.

Call 911 and tell them all the symptoms you have.

Ask trusted people for help.
Learn more at tpchd.org/coronavirus.

Stop the spread of germs

Wash your hands for 20 seconds with soap and warm water when you can. Use hand sanitizer when you can't.

Cover your coughs and sneezes with a tissue, your elbow or your shirt collar.

When you feel sick, stay away from large groups.

Wear a mask if asked to.

Tacoma-Pierce County Health Department
Healthy People in Healthy Communities