Wear a mask.

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

COVID-19 is a new coronavirus. It can cause mild illness, like a cold, or severe illness, like pneumonia. No treatment or vaccine exists.

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 are exposed to or infected with COVID-19, a healthcare provider may refer you to the Temporary Care Center in Tacoma for assessment and recovery.

Quarantine means separating a person exposed to COVID-19 to prevent it spreading to others.

Isolation means separating a person infected with COVID-19 to prevent it spreading to others.

If you have these symptoms, call your healthcare provider. If you need help finding a healthcare provider or insurance, call Tacoma-Pierce County Health Department at (253) 798-6410.

Protect your health.

Wash your hands often with soap and warm water. Scrub for 20 seconds. Rinse and dry with a clean towel.

Stay 6 feet away from others.

You can use the handwashing station at Parkland Sheriff substation.

Use hand sanitizer often. Rub it on your hands and fingers for 20 seconds.

Avoid contact with sick people.

You can use the hand sanitizer station at Nativity House in Tacoma.

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

Don’t share personal items, like towels, soap, razors, etc.

Stay connected.

Ask outreach teams and service providers where Wi-Fi is available in the community.

Stay 6 feet away from others.

Wear a mask.

If you need help finding a healthcare provider or insurance, call Tacoma-Pierce County Health Department at (253) 798-6410.

If you are exposed to or infected with COVID-19, a healthcare provider may refer you to the Temporary Care Center in Tacoma for assessment and recovery.

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