**COVID-19 Basics:**

* Symptoms of COVID-19 primarily include fever, cough, and shortness of breath. These symptoms appear 2 to 14 days after exposure AND are very similar to common respiratory illnesses typically found in the community
* COVID-19 spreads between people who are in close contact with one another (within about 6 feet) via coughs or sneezes. It may also spread by touching a surface or object with the virus on it.
* People are thought to be most contagious when they are the sickest, though some spread is possible before people show symptoms.
* **Prevention** starts with practicing good personal health habits**: stay home when you’re sick**, **cover your coughs and sneezes** with a tissue, **wash your hands** often with soap and water, and clean frequently touched surfaces and objects.
* Getting plenty of rest, drinking fluids, eating healthy foods, and managing your stress may help you prevent getting COVID-19 and recover from it if you do.

[**Protecting yourself from COVID-19**](https://www.doh.wa.gov/Emergencies/Coronavirus)

There are steps people should take to reduce their risk of getting and spreading any viral respiratory infections including:

* Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
* Avoid touching your eyes, nose, or mouth with unwashed hands.
* Avoid close contact with people who are sick.
* Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands.
* Clean and disinfect objects and surfaces.
* Stay at home and away from others if you are feeling ill.

**If you feel ill, please contact your local primary care provider for further guidance.**