



HELP PREVENT THE SPREAD OF NOVEL CORONAVIRUS (COVID-19)



COVID-19 is a respiratory illness caused by a new coronavirus.

Symptoms include cough, fever, shortness of breath, chills, muscle pain, sore throat and loss of taste or smell

To help prevent the spread of the virus and protect yourself, follow these recommendations:



Wash your hands or use hand sanitizer often.



Avoid sharing personal household items.



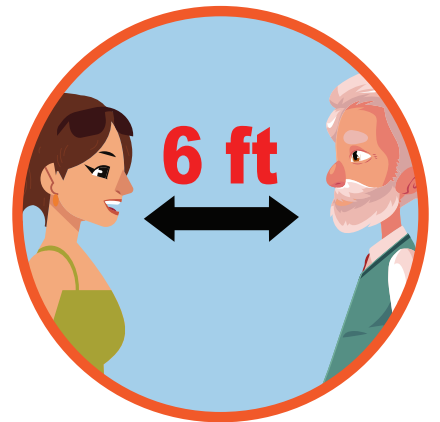
Avoid touching eyes, mouth and nose with unwashed hands.



Cover your cough or sneeze with a tissue, then throw it in the trash and wash your hands.



Stay home and keep your distance from others in the home if you are sick.



Maintain at least 6 feet between you and others.



Use a face covering if you leave your home.



Clean and disinfect household surfaces often.

Updated 5/13-2020

For latest updates, visit: www.skagitcounty.net/coronavirus