

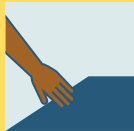
STOP CORONA

Coronavirus disease (COVID-19) is a respiratory disease that is fast spreading across the world. COVID-19 is spread through droplets when an infected person coughs or sneezes. It can also be spread through being in contact with contaminated hands, surfaces and objects.

How is it spread?



Contact with an infected person with COVID-19 virus through coughing or sneezing



Contact with contaminated surfaces or articles with the COVID-19 virus

How can I protect myself and others?



Regularly wash hands with soap and running water, or use an alcohol based hand sanitizer



Avoid close contact & social gatherings

Signs and symptoms



Fever



Cough



Shortness of breath



Body ache



Headache



Cover your nose and mouth with tissue or cough and sneeze into your flexed elbow



Regularly clean surfaces with chlorine based bleach



Stay home and avoid traveling when you have flu-like symptoms



Avoid hand shakes, hugging and kissing

Protect yourself, family and community from Corona
CALL 719 or DIAL *719# IF YOU HAVE THESE SYMPTOMS