



About the virus:

It is a respiratory virus that is very contagious and potentially fatal to the elderly and individuals with underlying medical conditions. It is suspected that it is transmitted through coughing and sneezing by infected individuals and can live on hard surfaces. Finally, at the present time, there is no vaccine, cure or specific treatment.

Signs and symptoms:

- Mild to severe respiratory illness.
- Fever.
- Cough.
- Difficulty breathing.

Prevention practices:

- Wash your hands often with soap and water for at least 20 seconds
- Use an alcohol-based hand sanitizer that contains at least 60 percent alcohol if soap and water are not available
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are sick
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces
- Get a flu shot (most pharmacies give flu shots, also Publix pharmacy)
- **Stay home when you are sick**

Feeling sick?

- If you exhibit symptoms of coronavirus, contact a health care professional by calling them or via a virtual visit where possible - if you have the virus and go to your doctor's office in person, you could potentially infect others
- If you are diagnosed with the coronavirus there is a minimum 14-day incubation period and you must be quarantined during this time

Who can help:

- Florida Department of Health COVID-19 Call Center - 1.866.779.6121
- St. Johns County Department of Health - 904.209.3250
- Florida Department of Health - www.floridahealth.gov/diseases-and-conditions/COVID-19
- Centers for Disease Control - www.cdc.gov/coronavirus/2019-ncov/index.html
- Florida Department of Health Email - COVID-19@flhealth.gov

Elevate a call that may sound like a "void" in care or support, call SJC Department of Health.

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.

