



A Guide to the Coronavirus

CDC, Centers for Disease Control and Prevention, is aggressively responding to the outbreak of the Coronavirus, or COVID-19 virus. The risk for the general American public of getting COVID-19 in the U.S. is currently low. CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure.

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath or acute respiratory illness
- Call ahead before you go to a doctor's office or emergency room to advise them of your symptoms

Simple things to do to keep yourself and others healthy:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. Lather the soap onto the back of your hands, in between your fingers and under your nails. Rinse your hands under clean running warm water. Dry your hands with a clean dry towel or let them air dry (wet hands easily transfer viruses).
- Avoid touching your eyes, nose, and mouth, especially with unwashed hands.
- Stay home when you are sick. Do not come to work until you are free of fever (100.4 degrees F or greater using an oral thermometer), signs of a fever and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines. Employees should notify their supervisor of their illness and stay home.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Use hand sanitizer that contains 60%-95% alcohol.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Avoid close contact with people who are sick.
- CDC recommends getting a flu vaccine since it is still currently flu and respiratory disease season.

The virus is spread:

- Between people who are in close contact with one another (within about 6 feet)
- Through respiratory droplets produced when an infected person coughs or sneezes.
- It may be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads.

Please be assured that The City of Royse City is monitoring the ongoing situation and will communicate any updates as they occur.

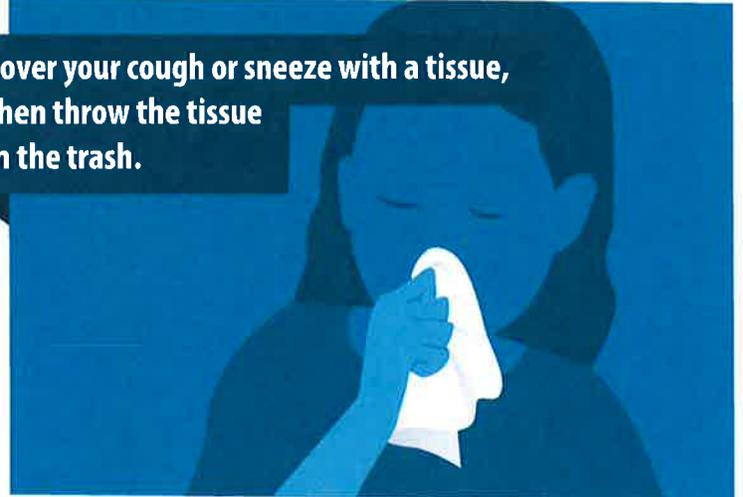
STOP THE SPREAD OF GERMS

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

Avoid close contact with people who are sick.



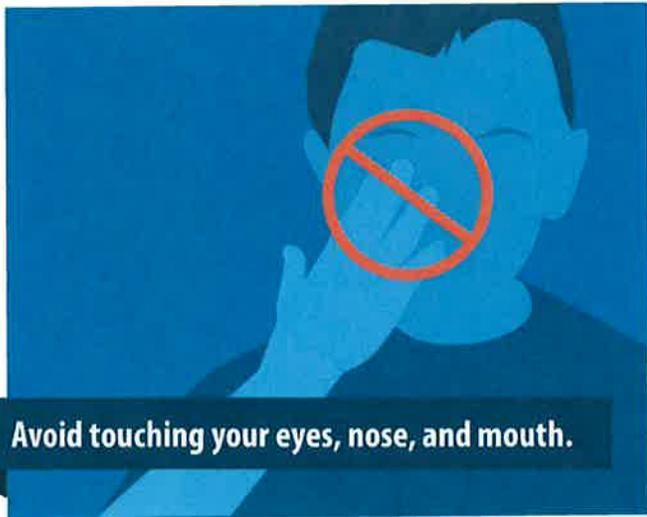
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.



Avoid touching your eyes, nose, and mouth.



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



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



Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing

