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DEPARTMENT OF DEFENSE EDUCATION ACTIVITY

WHAT IS CORONAVIRUS?

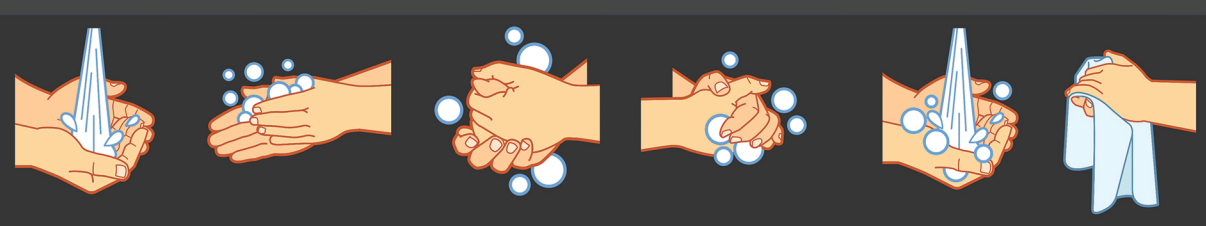
The Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus.

The coronavirus disease 2019 (COVID-19) is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

HOW CAN I HELP PROTECT MYSELF?

There are simple everyday preventive actions to help prevent the spread of respiratory viruses.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home while you are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol based hand sanitizer.



IF YOU ARE SICK WITH COVID-19

The CDC recomends these steps to help prevent COVID-19 from spreading to people in your home and community:

- Stay home except to get medical care
- Separate yourself from other people in your home
- Call ahead before visiting your doctor
- Wear a facemask
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid sharing household items
- Monitor your symptoms

Visit:

cdc.gov/nCoV

To learn more about symptoms, testing, treatment and prevention, or for more information on Coronavirus (COVID-19).