



# COVID-19

## CORONAVIRUS DISEASE 2019

### WHAT IS COVID-19?

Coronavirus disease 2019 is a disease that was identified in Wuhan City, China and is now being spread throughout the world.

### HOW DOES COVID-19 SPREAD?

Coronaviruses like COVID-19 are most often spread through the air by coughing or sneezing, through close personal contact (including touching and shaking hands) or through touching your nose, mouth or eyes before washing your hands.

### YOU CAN TAKE THESE PRECAUTIONS TO PREVENT THE SPREAD OF DISEASE:

- Wash hands frequently with soap and water for at least 20 seconds at a time.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are ill.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Do not reuse tissue after coughing, sneezing or blowing your nose. Clean and disinfect surfaces that are frequently touched.

### EXPOSURE & SYMPTOMS

Symptoms of COVID-19 are fever, cough and shortness of breath. Symptoms may appear 2-14 days after exposure. If you think you may have been exposed to COVID-19 and develop symptoms, you may need to seek medical help. Please contact the ***Lenoir County Health Department, (252) 526-4200, for further guidance.***

**For questions or concerns, you may also contact the Coronavirus Helpline at 1-866-462-3821. It is available to the public 24 hours a day/7 days a week.**



Good sources of information can be found on the Centers for Disease Control and Prevention (CDC) and the North Carolina Department of Health and Human Services (NCDHHS) websites.