COVID-19 is a respiratory illness caused by a new coronavirus. Symptoms include coughing, fever and shortness of breath. To help prevent the spread of the virus and protect yourself, follow these recommendations:

- **Wash your hands** or use hand sanitizer often.
- **Avoid close contact** with people who are sick.
- **Keep your distance** from others when you are sick.
- **Avoid touching eyes, mouth and nose** with unwashed hands.
- **Cover your cough** or sneeze with a tissue, then throw it in the trash and wash your hands.
- **Eat healthy foods** and drink plenty of fluids.

For questions talk to your health care provider or call 2-1-1