



COVID-19 (Coronavirus)



What is coronavirus disease 2019 (COVID-19)?

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

the symptoms of COVID-19

-  **fever**
-  **cough**
-  **shortness of breath**

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

prevention tips

People can help protect themselves from respiratory illness with everyday preventive actions.



wash your hands

Wash them often with soap and water.



stay home

Stay home for a full 24 hours after your fever goes away.



don't shake hands

Give a fist bump! A fist-bump transfers 90% less bacteria than a handshake.



exercise

It boosts your immune system and speeds recovery from illness.



don't touch your face

Viruses can enter our body through the nose, eye lids, and mouth.



eat right and stay hydrated

Eating healthy, balanced meals can strengthen your immune system.



get proper rest

Studies show that getting proper sleep boosts your immune system.



keep sanitizer close

Use it often and tell children and people around you to do the same.



stop smoking and vaping

Studies show that smoking can help boost your immune system.



limit exposure to crowded venues

Reduce your exposure to sick individuals.

Information from The Centers for Disease Control and Prevention (CDC)



www.sct.us.com
1800.204.1729

SCT Medical Clinic
Occupational Health and Minor Care Clinic
www.sctmed.com
216.398.0349