

# 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. We can all help prevent the spread of COVID-19 and all other respiratory illness.

## HOW IS IT SPREAD?

Similar to how influenza and other respiratory illness are spread, COVID-19 may be spread from an infected person to others by:



Coughing and sneezing



Close personal contact



Not washing hands



Touching your mouth, nose, or eyes

## SYMPTOMS

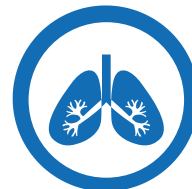
Symptoms may appear in as few as 2 days or as many as 14 days after exposure. Symptoms may include:



Fever



Cough



Difficulty breathing

If you have traveled to a location with community based widespread transmission of COVID-19 or have had close contact with an individual with a presumptive positive or confirmed case of COVID-19, you should stay home and self-monitor for signs and symptoms of respiratory illness for 14 days after the date of your last exposure. If you begin to experience signs and symptoms of respiratory illness, contact your healthcare provider and tell them about your symptoms and recent travel before visiting their office.

## PREVENT THE SPREAD

**There is currently no vaccine to prevent COVID-19.**

- Wash your hands often with soap and water for at least 20 seconds
- Do not touch your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are experiencing symptoms of respiratory illness
- Stay home if you are experiencing symptoms of respiratory illness
- Cover your mouth and nose when coughing and sneezing
- Clean and disinfect frequently touched objects and surfaces



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**If you have symptoms, contact a healthcare provider.** [www.NashuaNH.gov/DPHCS](http://www.NashuaNH.gov/DPHCS)