

Coronavirus Disease 2019 (COVID-19)

COVID-19 is a respiratory illness that can spread from person to person. Everyone is at risk for contracting the virus that causes COVID-19, although older adults and people with underlying medical conditions are more likely to become severely ill if they get COVID-19. We can all prevent the spread of COVID-19 and all other respiratory illness.

SYMPTOMS

Symptoms may appear 2 to 14 days after exposure. Symptoms include:



Fever, chills,
body aches



Congestion,
runny nose



Cough, sore
throat



Shortness of
breath



New loss of
smell or taste



Nausea,
vomiting,
diarrhea

IF YOU HAVE SYMPTOMS: Stay home, including from work, and get a COVID-19 test.

PREVENT THE SPREAD



Stay home if you
are experiencing
symptoms of
respiratory illness



Get vaccinated to
prevent illness,
hospitalization,
and death



Cover your mouth
and nose with
a face covering
in public spaces



Stay six feet away
from people who
do not live
in your home



Wash your hands
often with
soap and water
for 20 seconds



Clean and disinfect
objects and surfaces

For more information and updates:

www.NashuaNH.gov/COVID19

603-589-3456

