Coronavirus disease (COVID-19) is a respiratory disease that is fast spreading across the world. COVID-19 is spread through droplets when an infected person coughs or sneezes. It can also be spread through being in contact with contaminated hands, surfaces and objects.

**How is it spread?**
- Contact with an infected person with COVID-19 virus through coughing or sneezing
- Contact with contaminated surfaces or articles with the COVID-19 virus

**Signs and symptoms**
- Fever
- Cough
- Shortness of breath
- Body ache
- Headache

**How can I protect myself and others?**
- Regularly wash hands with soap and running water, or use an alcohol based hand sanitizer
- Avoid close contact & social gatherings
- Cover your nose and mouth with tissue or cough and sneeze into your flexed elbow
- Regularly clean surfaces with chlorine based bleach
- Avoid hand shakes, hugging and kissing
- Stay home and avoid traveling when you have flu-like symptoms

**Protect yourself, family and community from Corona**
CALL 719 or DIAL *719# IF YOU HAVE THESE SYMPTOMS