



HOW IT SPREADS

Human coronaviruses most commonly spread from an infected person to others through:



- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands
- Rarely, fecal contamination



PREVENTION

There are currently no vaccines available to protect you against human coronavirus infection. Transmission is reduced thru:

- Washing your hands often with soap and water
- Avoiding touching eyes, nose, or mouth with unwashed hands
- Avoiding close contact with people who are sick

If you are mildly sick, keep yourself hydrated, stay at home, and rest.

If you are concerned about your symptoms, you should see your healthcare provider.

CORONAVIRUS

ALL YOU NEED TO KNOW



Coronaviruses are a large group of viruses that are common among animals. In rare cases, they are what scientists call zoonotic, meaning they can be transmitted from animals to humans.

The viruses can make people sick, usually with a mild to moderate upper respiratory tract illness, similar to a common cold.



SYMPTOMS

- Runny nose
- Headache
- Cough
- Sore throat
- Fever
- Feeling of being unwell



For those with a weakened immune system, the elderly and the very young, there's a chance the virus could cause a lower, and much more serious, respiratory tract illness like a pneumonia or bronchitis.