



VICKERY · MIDTOWN DALLAS · TEXAS

WHAT IS NOVEL CORONAVIRUS (COVID-19)?

Coronaviruses are a large family of viruses that cause diseases of varying severities, ranging from the common cold to more severe respiratory diseases. This is a novel (new) coronavirus because it is a strain of coronavirus that has not been previously identified in humans.

HOW IS CORONAVIRUS SPREAD?

Like other respiratory illnesses, such as influenza, human coronaviruses most commonly spread to others from an infected person who has symptoms through:

- Droplets produced when an infected person coughs or sneezes;
- Close personal contact, such as caring for an infected person; and
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

WHAT ARE THE SYMPTOMS?

People who have been diagnosed with COVID-19 have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:

FEVER



COUGH



DIFFICULTY
BREATHING



HOW CAN I PREVENT FROM GETTING COVID 19 AND THIS NOVEL CORONAVIRUS?

Activities that can prevent the spread of more common respiratory infections, like the flu, can be effective at preventing the spread of novel coronavirus, such as:

- Stay home when you are sick, except to seek medical care.
- Wash your hands with soap and water for at least 20 seconds and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).

HANDWASHING
Full 20 seconds



USE and
DISPOSE OF TISSUE



Links to information resources that are constantly updated:

Multilingual COVID 19 Coronavirus Information: <https://community.lincs.ed.gov/discussion/multilingual-education-resources-covid-19>

United States Centers for Disease Control: [CDC website](#).

Dallas County Health and Human Services [their website](#) for more information.

The city of Dallas has additional information on their [website](#).

Johns Hopkins University created this interactive map to track the coronavirus world-wide. Find the the [desktop version here](#) and [mobile version here](#).

Source: Dallas County Health and Human Services