

# COVID-19

**COVID-19 (Coronavirus Disease 2019)** is a respiratory illness that can spread from person to person. The virus that causes COVID-19 was first identified during an investigation into an outbreak in Wuhan, China in December 2019, and has spread to more than 70 countries, including the United States. The first U.S. case was reported on January 21, 2020.

**Common symptoms of COVID-19 include:**

- Fever
- Cough
- Shortness of breath

## Do's and Don'ts

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|--|---|
| ✓ <b>Wear a facemask only if you are experiencing COVID-19 symptoms.</b>                                   | ✗ <b>CDC does not recommend that people who are well wear a facemask.</b> |
| ✓ <b>Cover your cough and sneezes with a tissue (then throw away) or cough and sneeze into your elbow.</b> | ✗ <b>Avoid touching your T-Zone (eyes, nose and mouth).</b>               |
| ✓ <b>Clean/disinfect frequently touched objects/surfaces.</b>  | ✗ <b>Avoid close contact with people presenting with cough and fever.</b> |
| ✓ <b>Wash hands frequently.</b>  | ✗ <b>Don't go to work/school if you feel sick.</b>                        |

**Consider building a preparedness kit that includes 14-day supplies:**

- Food and water
- Medical supplies
- Over the counter medication
- Prescription medication



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Visit **CDC.gov** and **Health.nd.gov** for more information. People should not be excluded from activities based on their race or country of origin.