

# What is COVID-19

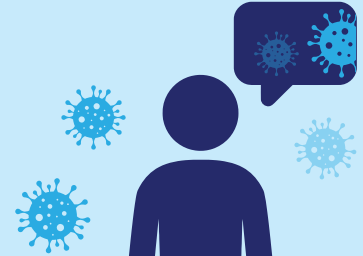
COVID-19 is a serious and sometimes deadly viral infection caused by a novel coronavirus. Novel means that it is newly discovered so people have no immunity to it.

## HOW COVID-19 SPREADS

The virus is spread mainly from person to person through:



Coughing or Sneezing

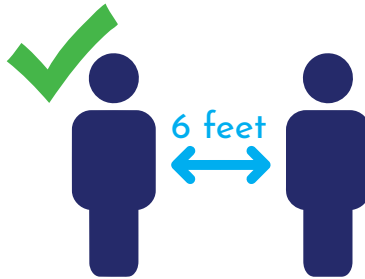


Talking

## PREVENTING COVID-19



Wear a cloth face covering that covers your nose AND mouth



Stay 6 feet away from anyone you do not live with



Wash your hands frequently including everytime you return home



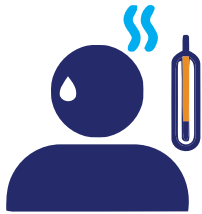
Stay home, away from others if you feel sick



Do NOT Touch your face or cloth face covering

# KNOW COVID-19 SYMPTOMS

People may be infected with the virus for 1 to 14 days before developing symptoms. Many people have no symptoms and do not know they are sick, but can still infect others.



Fever



Chills



Tiredness



Dry Cough



Shortness of breath



Sore Throat



Muscle Pain



New Loss of Taste or Smell



If you have any of these symptoms stay home and contact your healthcare provider. If you do not have a healthcare provider, call Marin Community Clinics at (415) 488-1500 for help.



If you have any of the below symptoms, call 911 or go directly to the emergency room. Tell them you might have COVID-19.



Trouble breathing



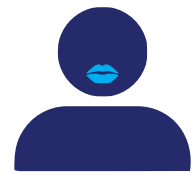
Chest pain or pressure



New confusion



Inability to wake or stay awake



Blue lips or face