

**What are the symptoms of COVID 19?**

- Symptoms can range from mild to severe.
  - Nasal congestion
  - Sore throat
  - Sneezing
- The following symptoms may appear 2-14 days after exposure:
  - Fever
  - Cough
  - Shortness of breath

**How do I protect myself and my family from catching the virus?**

People can help protect themselves from respiratory illness with everyday preventive actions.

- Social Distance – stay at least 6 ft away from others.
- Stay home.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Clean and disinfect frequently touched objects and surfaces (i.e., doorknobs, handles, remote controls).

**What do I do if I believe I am sick?**

- If you believe you are sick:
  - Stay home.
  - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
  - Clean and disinfect frequently touched objects and surfaces.
- If you develop fever, cough and difficulty breathing:
  - Get medical advice promptly as this may be due to a respiratory infection or other serious condition.
  - Call in advance and tell your doctor of any recent travel, contact with travelers or anyone diagnosed with COVID-19.
- Self-isolate by staying at home. If you begin to feel unwell, even with mild symptoms such as headache, low grade fever (37.3 C/99.1 F or above), or slight runny nose, until you recover. If it is essential for you to have someone bring you supplies or to go out, then wear a mask to avoid infecting other people. Also, contact anyone you have been in close contact with and suggest they isolate as well.

**What does it mean to practice “social distancing”?**

- Social Distancing means:
  - Stay home and avoid travel – only leave house when absolutely necessary. Try to only go to the store once a week or less.
  - Avoid crowded public places – avoid places with large numbers of people such as parties, parks, shopping centers, and health care settings (except for necessary services).
  - Avoid large gatherings – avoid gatherings even if you believe all of these people to be healthy.
  - Keep a 6 feet distance – stay at least 6 feet away from others to reduce your risk of contracting COVID-19.
- **Where do I find more information on access to emergency food, Shelter, Medical, and Housing?**
  - Call 211 or 1-866-559-4211 to receive information and resources.
- For additional information and updates, contact the Fresno County Department of Public Health or visit [www.fcdph.org/covid19](http://www.fcdph.org/covid19).

