The coronavirus is a new virus that began in China in December 2019.

KNOW THE SYMPTOMS
Symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath

Seek medical advice if you develop symptoms and have been in close contact with a person who has coronavirus.

STAY SAFE

- WASH. RINSE. REPEAT.
- COVER YOUR COUGH.
- DON’T TOUCH YOUR FACE.
- CLEAN SURFACES.
- STAY 6 FEET AWAY FROM SICK PEOPLE.
- STAY HOME IF SICK.

www.mhamd.org
The recent spread of the coronavirus is causing worry in many of us. Here are some tips that may help:

- Get enough sleep and eat well
- Get a two week supply of food and water
- Refill prescriptions
- Get some exercise or go for a walk
- Write down your worries
- Take a media break
- Communicate with loved ones
- Beware of misinformation- check the World Health Organization myth busters web page
- For more information & tips go to: www.cdc.gov
  health.maryland.gov
  www.mhamd.org/coronavirus