

CALM YOUR CORONAVIRUS FEARS

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



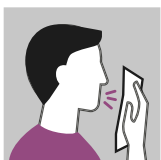
Shortness
of breath

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

STAY SAFE



WASH. RINSE.
REPEAT.



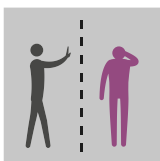
COVER YOUR
COUGH.



DON'T TOUCH
YOUR FACE.



CLEAN
SURFACES.



STAY 6 FEET AWAY
FROM SICK PEOPLE.



STAY HOME
IF SICK.

CALM YOUR CORONAVIRUS FEARS

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