It's critical to slow the spread of the coronavirus by adhering to these guidelines:

- Know how COVID-19 spreads
- Wash your hands often (20 seconds)
- Avoid touching your eyes, nose and mouth
- Clean and disinfect surfaces regularly
- Maintain social distancing
- Self-quarantine/Isolate
- Stay home if you're sick
- Cover coughs and sneezes

Its critical to slow the spread of the coronavirus by adhering to these guidelines:

- Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice

### COVID-19 FACTS

- Currently there is no scientific proof that COVID-19 virus can NOT be transmitted in areas with hot and humid climates
- Cold weather and snow CANNOT kill the new coronavirus
- Taking a hot bath does not prevent the new coronavirus disease
- Swallowing or gargling with bleach, taking acetic acid, garlic, chloroquine, or using essential oils, salt water, ethanol or other substances do not prevent COVID-19
- Covid-19 doesn’t discriminate, anyone is at risk, regardless of age, sex, or race
- There is currently no vaccine to cure COVID-19 available

### Symptoms and Testing

Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.