



# COVID-19 OUTBREAKS

## WHAT IS CORONAVIRUS?

Coronavirus is a large family of viruses that cause a variety of diseases, from colds to more serious illnesses.

## WHAT IS COVID-19?

COVID-19 is the newly discovered strain of the virus, in the family of Coronavirus.

### SIGNS & SYMPTOMS

FATIGUE

MUSCLE OR  
BODY ACHES

HEADACHE

NEW LOSS OF TASTE  
OR SMELL

SORE THROAT



COUGH



HARD TO BREATHE



FEVER



NAUSEA



DIARRHEA



CONGESTION OR  
RUNNY NOSE

## THREE IMPORTANT WAYS TO SLOW THE SPREAD

Wear a mask to help stop the spread of COVID-19 to others.

Stay at least 6 feet (about two arm lengths) from others who don't live with you, particularly in crowded areas.

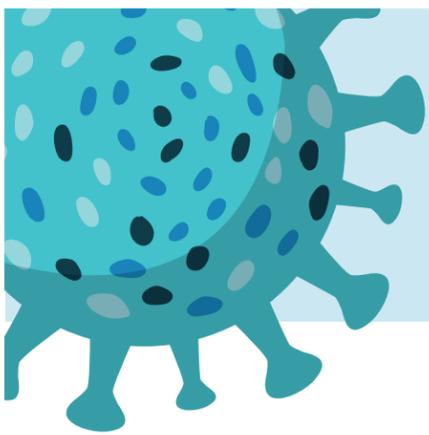
Wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

Source: Centers for Disease Control and Prevention (November 4, 2020)



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# COVID-19 PROTOCOL

## HOW TO PROTECT YOURSELF WHEN GOING OUT



Wear a mask that covers your nose and mouth to help protect others.



You may find it harder to stay 6 feet apart in indoor spaces.



Choose a mask with two or more layers of washable, breathable fabric that fits snugly against the sides of your face.



Wash your hands often. Use soap and water for 20 seconds, especially after you have been in a public place. Use hand sanitizer that contains at least 60% alcohol if soap and water are not available.



Stay 6 feet apart and avoid crowds.



The more people you are in contact with, the more likely you are to be exposed to COVID-19.



Avoid indoor spaces as much as possible, particularly ones that aren't well ventilated.



## RISK

People of any age can get COVID-19, even healthy young adults and children.

People who are older or have certain underlying medical conditions are at higher risk of getting very sick from COVID-19.

Other groups may be at higher risk for getting COVID-19 or having more severe illness.

## WHAT TO DO IF YOU'RE SICK

**Stay home** except to get medical care. Most people with COVID-19 have mild illness and recover at home without medical care.

**Isolate yourself** from other members of your family to prevent the spread.

**If you have to leave isolation,** wear a mask, stay 6 feet apart from others, wash your hands frequently, and clean all touched surfaces.

**Even if you don't feel sick,** you can spread COVID-19 to others. Be sure that you protect everyone as though they are the most fragile person in your family.

**Get care immediately** if you are having emergency warning signs, like trouble breathing, pain or pressure in chest.

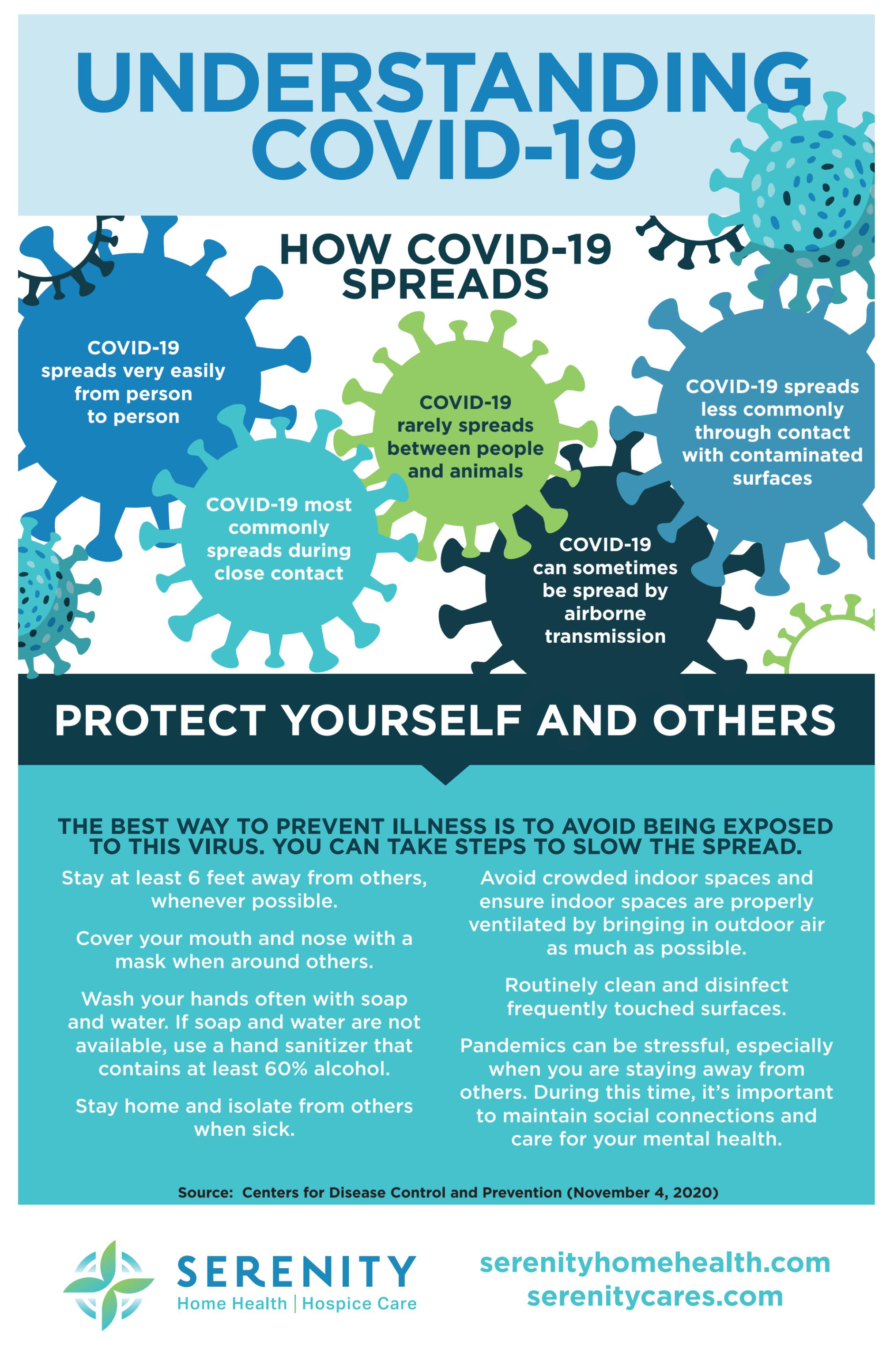
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# UNDERSTANDING COVID-19



## HOW COVID-19 SPREADS

COVID-19 spreads very easily from person to person

COVID-19 rarely spreads between people and animals

COVID-19 spreads less commonly through contact with contaminated surfaces

COVID-19 most commonly spreads during close contact

COVID-19 can sometimes be spread by airborne transmission

## PROTECT YOURSELF AND OTHERS

**THE BEST WAY TO PREVENT ILLNESS IS TO AVOID BEING EXPOSED TO THIS VIRUS. YOU CAN TAKE STEPS TO SLOW THE SPREAD.**

Stay at least 6 feet away from others, whenever possible.

Cover your mouth and nose with a mask when around others.

Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

Stay home and isolate from others when sick.

Avoid crowded indoor spaces and ensure indoor spaces are properly ventilated by bringing in outdoor air as much as possible.

Routinely clean and disinfect frequently touched surfaces.

Pandemics can be stressful, especially when you are staying away from others. During this time, it's important to maintain social connections and care for your mental health.

Source: Centers for Disease Control and Prevention (November 4, 2020)



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