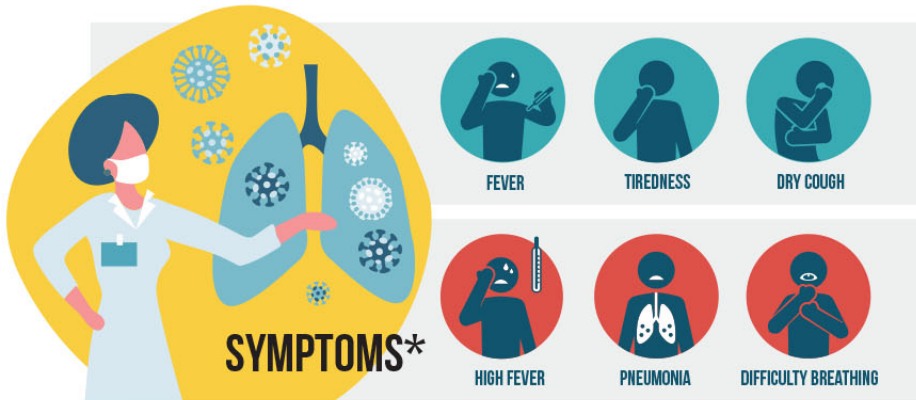


COVID-19

Coronavirus Disease 2019

BE AWARE.

COVID-19 is a new respiratory illness that was first discovered in Wuhan, China. It is transmitted from person to person.



*Symptoms may appear 1 to 12 days following exposure to the virus



Who is most at risk of becoming seriously ill?

- People over age 60
- People with pre-existing conditions such as diabetes and heart disease



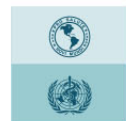
How is it transmitted?

- Through close contact with an infected person
- By an infected person coughing or sneezing
- By touching contaminated objects or surfaces and then touching your mouth, nose or eyes



Currently there is no vaccine or specific treatment. We can only treat the symptoms. Serious cases may require oxygen and ventilatory support.

PREPARE.



Make sure you get your information from a reliable source.



Wash your hands regularly with soap and water or use an alcohol-based gel.



Cover your mouth with the inside of your elbow when you cough or sneeze or use a tissue and dispose of used tissue immediately and wash your hands.

ACT.



Avoid close contact with people who have flu-like symptoms.



Avoid touching your eyes, nose or mouth with unwashed hands.



Avoid sharing cups, plates or other personal items and disinfect all surfaces that are touched frequently.



If you have traveled to areas where COVID-19 is circulating or have been in contact with someone who has it and you experience fever, cough or difficulty breathing, seek medical attention immediately. Do not self-medicate.

Note: Information may change when more is known about the disease. February 2020.