



## Coronavirus

Your Saginaw County Health Department is committed to protecting your health and providing you with the information you need to understand issues affecting our county and state.

A new type of coronavirus has been making people sick. This new (novel) type causes COVID-19. We're still learning about COVID-19 because it is new, but it is not "just another cold." Symptoms range from mild to severe respiratory illness.

### Symptoms include:

- Fever
- Cough
- Shortness of breath

### How it spreads:

A person can get COVID-19 from close contact with another person (within roughly 6 feet or 2 meters away) or when a person with COVID-19 coughs or sneezes. It also may be possible to get COVID-19 by touching a surface that has the virus on it then touching your mouth, nose or eyes.

People with COVID-19 are the most likely to pass the virus on to another person when they are at their sickest.

### Prevention:

There is no vaccine currently. To protect yourself and others, follow everyday preventive actions including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, blowing your nose, coughing, and before eating. (If soap and water is not available, use hand sanitizer with at least 60% alcohol.)
- Clean and disinfect frequently touched objects such as door knobs.
- Stay home if you are sick.
- **CDC does not recommend facemasks for people who are well** unless they are health care workers or caring for someone with COVID-19. People who are sick or who have symptoms should wear a facemask if around others. (Anyone with respiratory symptoms, not just people with COVID-19, should wear a facemask to protect others when in public.)

Help prevent the spread of respiratory diseases like COVID-19

**COVID**  
CORONAVIRUS  
DISEASE  
**19**

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)



Saginaw County



HEALTH DEPARTMENT

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