

# Coronavirus Disease 2019



What Durham County residents should know

Public Health

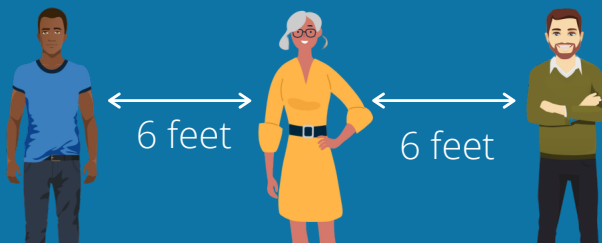


**Coronavirus Disease 2019 (COVID-19)** is a respiratory illness that can spread from person to person. It is thought to be spread mainly through respiratory droplets when a person coughs or sneezes.



To **protect yourself from COVID-19:**

- Wash hands frequently with soap and warm water for at least 20 seconds
- Avoid touching your face
- Avoid others who are sick
- Practice **social distancing**



**Social distancing** is critical to slowing the spread of COVID-19.

This means avoiding close contact with others. **People of all ages and health histories** should follow social distancing recommendations to protect themselves and others.



**Symptoms of COVID-19** include **cough, fever, and shortness of breath.** Symptoms may appear 2-14 days after exposure.

If you are experiencing symptoms and think you've been exposed to COVID-19, call your medical provider for **testing information.**

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