

You are probably hearing a lot about coronavirus. There is a lot that health experts continue to learn about coronavirus and it is important that you stay calm and know how coronavirus is spread.

Remember:

- The chances of getting coronavirus are low.
- Most people who get coronavirus feel better in a few days and will not need to stay in the hospital.
- Most people who get coronavirus say it feels like a cold or the flu.

Coronavirus can be worse if:

- you have trouble breathing or you have asthma or bronchitis
- you have diabetes or heart trouble
- you have trouble walking and moving around
- you are not able to stay away from people who may be sick

Plan what you will do if you or your caregiver gets sick.

- Create a list of people who can help you if you or your caregiver gets sick and write down their phone numbers and email addresses.
- Make sure you know how to reach these people by phone, text or email.
- Check your prescriptions to make sure that you have at least a two-week supply.

Here are some things you can do if you get sick.

- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it and wash your hands.
- Stay away from people who are sick or stay home if you are sick.
- If you are sick, it's important to rest and drink plenty of water.
- Wash your hands often with soap and water. If soap and water are not available, use hand-sanitizer with alcohol.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Tell someone if you don't feel well.