

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like the Coronavirus.



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.

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**Medical Center Health System**  
Your One Source for Health  
[www.mchodessa.com](http://www.mchodessa.com)

If you have been in China or in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, call your doctor.

**For more information:**  
[mchodessa.com/coronavirus](http://mchodessa.com/coronavirus)

# SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

## SYMPTOMS\* CAN INCLUDE



**FEVER**



**COUGH**



**SHORTNESS  
OF BREATH**

\*Symptoms may appear 2-14 days after exposure.

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