COVID-19, also known as Coronavirus, is a new respiratory illness that can be very serious.

We all need to do our part to protect ourselves and others, so the virus does not spread.

**WHAT CAN YOU DO?**

**WEAR A MASK** – When in public to reduce the spread of the virus.

**PHYSICAL DISTANCING** – Avoid close contact with others to reduce the spread of the virus.

**FREQUENT HAND WASHING** – At least 20 seconds with soap and water.

**CALL YOUR PROVIDER** – If you have symptoms.

**SAFE**

Group Gatherings
Sleepovers
Playdates
Visitors to your Home
Constantly Watching the News

**CAUTION**

Visit Grocery Store
Get Take Out
Pick Up Medications
Mass Transit Systems
(keep your distance, avoid touching surfaces)
Traveling

**MILD**

Shortness of breath
Dry Cough
Mild Fever
Change in taste or smell sensations

**SEVERE**

High Fever
Severe Respiratory Disease
Pneumonia

**SYMPTOMS**

Shortness of breath
Dry Cough
Mild Fever
Change in taste or smell sensations

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SCDAA is committed to helping families get through this health crisis.

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