

Coronavirus Disease 2019 (COVID-19)

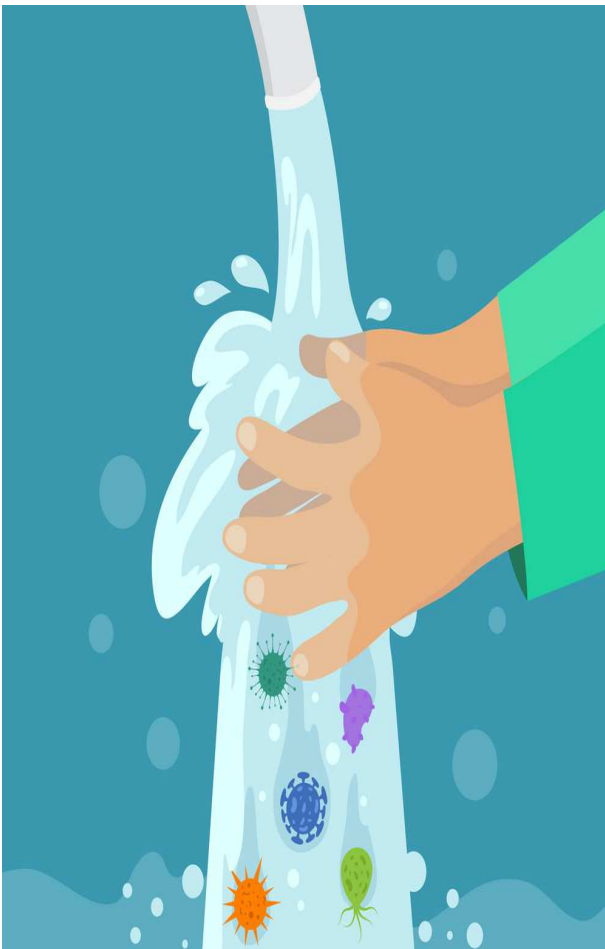


What is the treatment for COVID-19?

There is no vaccine or specific treatment for COVID-19. Most people will get better on their own. However, you can relieve your symptoms by:

- Taking over-the-counter medicines such as acetaminophen or ibuprofen for pain, fever, and cough. Do not give aspirin to children. Do not give cough medicine to children under 4.
- Using a room humidifier or taking a hot shower to help ease a sore throat and cough
- Getting plenty of rest
- Drinking fluids

If you are worried about your symptoms, contact your health care provider.



Can COVID-19 be prevented?

The best way to reduce your risk of getting an infection or spreading it to others is by:

- Washing hands often with soap and water for **at least 20 seconds**. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoiding touching your face, nose, or mouth with unwashed hands
- Avoiding close contact with people who are sick
- Cleaning and disinfecting surfaces that you frequently touch
- Covering coughs and sneezes with a tissue. Then throw away the tissue and wash your hands.
- Staying home when sick