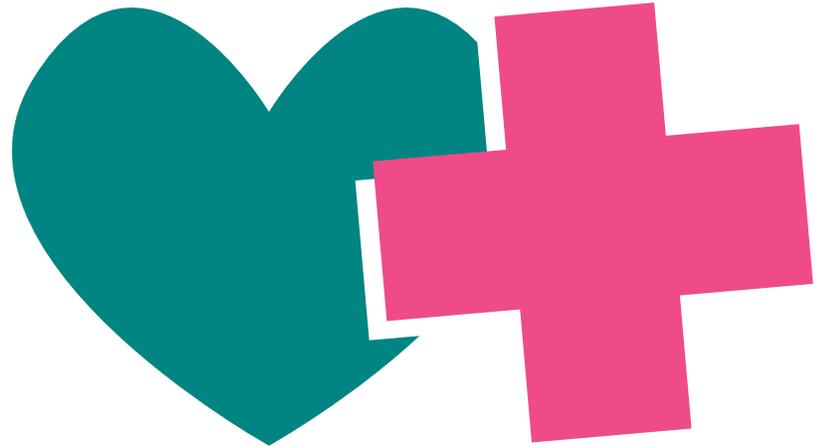




North Hempstead Supervisor Judi Bosworth
and the Town Board present:

Tips for Staying Healthy



Q: What is a novel coronavirus?

A: A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

Q: What are the symptoms of COVID-19?

A: Current symptoms reported for patients with COVID-19 have included mild to severe respiratory illness with fever, cough, and difficulty breathing.

Protection Tips

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands with soap and water for at minimum 20 seconds.

Prevention Tips

- As much as possible, you should stay in a specific room and away from other people in your home. If available you should use a separate bathroom.
- Do not handle pets or other animals while sick.
- Throw used tissues in a lined trash can and immediately wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

For More Information Visit [CDC.gov](https://www.cdc.gov) or Call the New York State Coronavirus Hotline at (888) 364-3065



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