COVID-19

CHILD CARE PROGRAMS

Questions call 2-1-1 or 1-800-478-2221

Fever >100.4° F

Cough

Shortness of Breath

SYMPTOMS

Symptoms include fever (>100.4°F), cough and shortness of breath and may appear in as few as 2 days or as long as 14 days after exposure. If you develop symptoms within 14 days of travel from geographic regions where sustained community transmission has been identified or have been in contact with someone who has traveled and is ill, call your health care provider and tell them about their symptoms and recent travel.

PREVENTION

Remember to take everyday preventive actions to prevent the spread of respiratory viruses including:

- Wash hands often with soap and water
- Avoid touching face, eyes, nose, and mouth
- Avoid contact with people who are sick and when you are sick
- Stay home when sick
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash, and wash hands
- Clean and disinfect frequently touched objects and surfaces.