

What you need to know about COVID-19

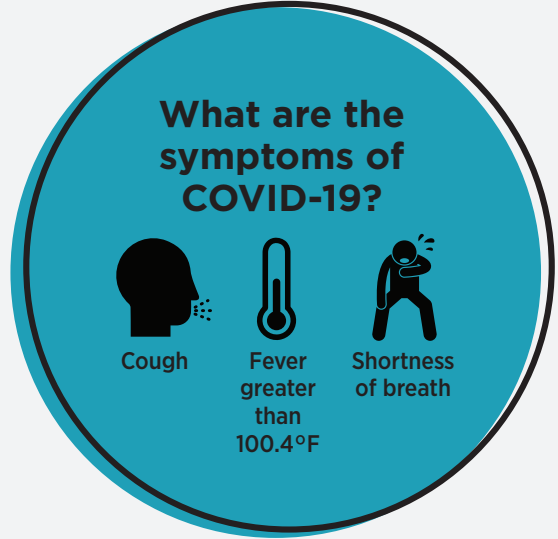
Baltimoreans just like you are already taking steps to protect one another—you should too! By not following the recommended precautions, you are choosing to spread germs. This is a rapidly changing situation, and this information is current as of March 13, 2020. Please check health.baltimorecity.gov for the most up-to-date information.



What is COVID-19?

Coronavirus Disease 2019 (COVID-19) is a new respiratory disease that can spread from person-to-person

It was first identified in China and has spread to other countries, including the United States



What are the symptoms of COVID-19?

Cough

Fever greater than 100.4°F

Shortness of breath



How can I get COVID-19?

Traveling to an area or country with a large number of confirmed COVID-19 cases

A sick person coughing or sneezing on you

Close personal contact, such as touching or shaking hands with a sick person



How can I protect myself & my family?

- ✓ Wash your hands often with soap and water, or use alcohol-based hand sanitizer
- ✓ When coughing or sneezing, cover your mouth & nose with a tissue and throw it away
- ✓ Avoid touching your eyes, nose, or mouth
- ✓ Avoid close contact with people who are sick



Older adults (60 years and up) and all those with underlying health conditions including heart disease, diabetes, and lung disease should:

- ✓ Avoid people who are sick
- ✓ Wash hands often
- ✓ Avoid crowds
- ✓ Avoid non-essential travel, such as long plane trips, and especially avoid cruise ships
- ✓ Stock up on medication



What do I do if I think I have COVID-19?

- ✓ If you're feeling ill, stay home and call your doctor's office
- ✓ If you're having trouble breathing, have chest pain, or other emergency symptoms, go to the emergency room. Only go to the emergency room if your symptoms are severe
- ✓ Always call ahead to your healthcare provider to tell them of your symptoms



Questions?

Visit health.baltimorecity.gov

Need to find a healthcare provider?
Call 211 and ask for a list of local clinics



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