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

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.

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

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.