**What is COVID-19?**

COVID-19 is a respiratory illness caused by a new, or “novel” coronavirus. Coronaviruses cause respiratory illnesses, such as the common cold.

**How does it spread?**

COVID-19 spreads through droplets from sneezes and coughs. It also spreads through close contact with others, including handshakes and sharing food or drinks.

**What are the symptoms?**

The main symptoms of COVID-19 are fever, coughing, and shortness of breath. Some people also experience body aches and a sore throat.

**Who is most at risk?**

Older adults, people of any age who have other medical conditions, and pregnant women may be at higher risk for severe illness from COVID-19.
Protect yourself and your community.

**Stay home** as much as possible. *Especially if you are sick.*

- Trouble breathing
- Ongoing pain or pressure in the chest
- Sudden confusion
- Being unable to respond to others
- Blue lips or face

**Going to work or the grocery store?**

- Stay 6 feet from others.
- Wear a facemask.

**Call 9-1-1** if you experience the emergency warning signs of COVID-19

- Trouble breathing
- Ongoing pain or pressure in the chest
- Sudden confusion
- Being unable to respond to others
- Blue lips or face

For other COVID-19 concerns, call your healthcare provider.

Visit [DOH.WA.GOV/Coronavirus](http://DOH.WA.GOV/Coronavirus) or [Coronavirus.wa.gov](http://Coronavirus.wa.gov), call 1-800-525-0127 and press # for interpreter services, or text the word “Coronavirus” to 211211 for more information.