



# HELP PREVENT THE SPREAD OF NOVEL CORONAVIRUS (COVID-19)



Novel Coronavirus is a new virus that causes respiratory illness in people. Symptoms include dry cough, fever of 100.4 or higher, difficulty breathing and sometimes sore throat, headache or sore muscles. To help prevent the spread of the virus and protect yourself, follow Dr. Rita's recommendations!



**Wash your hands often  
with soap and water**



**Avoid close contact with  
people who are sick**



**Cover your cough or  
sneeze with a tissue or  
sleeve**



**Avoid touching your  
face**



**Stay home when you  
are sick and get lots of  
rest**



**Eat healthy foods and  
drink plenty of fluids**



**1-800-657-3903**  
(Health Questions)

**1-800-657-3504**  
(School & Child  
Care Questions)



Aitkin County  
Public Health  
Education

**218-927-7200**



Coronavirus Helpline:  
**1-844-428-1323**