Coronavirus

COVID-19 is a new virus that spreads from person-to-person.

- It can cause mild illness, like the common cold.
- It can cause severe illness like SARS.
- Currently, no treatment or vaccine is available.

Symptoms

- Fever.
- Cough.
- Shortness of breath.

Do I need to be concerned?

Only if you:

- Have these symptoms.
- Visited an affected area in the last 14 days.

Call your healthcare provider before you go to a clinic, urgent care or emergency room.

How does it spread?

- Coughing or sneezing.
- From a sick person who is within 6 feet.
- Touching a surface or object with the virus on it.

Plan ahead.

Have an emergency plan in case children can’t go to school or you can’t go to work.
Talk to your employer about alternative work arrangements.

Stay healthy

Wash your hands often with soap and warm water.

Cover your coughs and sneezes with a tissue or your elbow.

Clean and disinfect frequently touched objects and surfaces.

When you’re sick, stay home and rest.

Learn more and get updated information at tpchd.org/coronavirus.
Clean and Disinfect to Stop Hepatitis A

Hepatitis A is a very contagious virus that can be life-threatening.

Clean and disinfect well.

1. Put on gloves and a mask.

2. For vomit, diarrhea or blood: pour baking soda or cat litter on it to absorb liquid.

3. Use a paper towel to pick up solids and put them in a trash bag. Do not vacuum.

4. Clean the surface with soapy water.

5. Open a window or turn on a fan.

6. Disinfect surface with bleach water.

7. Wait 2 minutes.

8. Rinse surface with water.

9. Dry surface with a paper towel or let it air dry.

Make disinfecting bleach water.

1. Add 1 gallon water to a bucket.

2. Add bleach to the bucket. OR

   1 cup concentrated (8%) bleach
   OR

   1 1/2 cups regular (5%) bleach

3. Mix well. Good to use for 24 hours.

Frequently clean and disinfect surfaces people touch often.

For more information, visit www.tpchd.org/hepatitisa.