

# COVID-19

## Do Your Part to Stop the Spread

**COVID-19** is a potentially dangerous respiratory illness with flu-like symptoms. Individuals infected with COVID-19 can carry the virus for many days before they begin to show symptoms. It is easily spread from person to person.

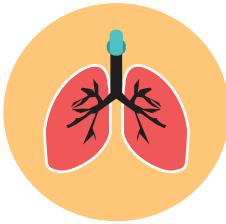
### What are the symptoms?



Cough



Fever



Shortness of Breath

### How can I protect myself?

- **Wash your hands** often with soap and water.
- **Avoid touching your face** with unwashed hands.
- **Cover your face** when you cough or sneeze.
- **Avoid close contact** with people who are sick; practice physical distancing by leaving six feet of space between yourself and others.
- **Clean and disinfect** regularly touched surfaces.
- **Stay home** if you are sick.

**If you are experiencing symptoms of COVID-19,** alert your housing operator and call your medical provider as soon as possible.



**CRISIS TEXT LINE |**

**Text 4Hope to 741741**

### Feeling stressed or overwhelmed?

Crisis Text Line provides free, confidential support, 24/7.

Text 4Hope to 741741 to get connected to a Crisis Counselor.