



# PROTECT THE CAVE

## COVID-19 Basics

### Symptoms

People with COVID-19 have a wide range of symptoms reported – ranging from mild to severe illness. Symptoms may appear **2-14 days** after exposure to the virus. People with these symptoms may have COVID-19:

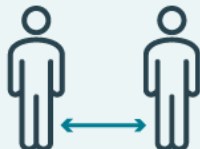
- Fevers or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If someone has trouble breathing, chest pain or pressure, or difficulty staying awake, get medical care immediately.

### Precautions



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS



GET A VACCINE

- Wear a **mask** that covers your nose and mouth to help protect yourself and others.
- Stay **6 feet** apart from others who do not live with you.
- Get a **COVID-19 vaccine** when it is available to you.
- **Avoid crowds** and poorly ventilated indoor spaces.
- **Wash** your hands often with soap and water. Use **hand sanitizer** if soap and water are not available.

ANY QUESTIONS?  
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Source: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/need-to-know.html>

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