



U.S. Army Reserve

# Coronavirus Facts



(COVID-19)

- . A new virus
- . Can cause respiratory illness in some
- . Symptoms: **COUGH, FEVER, DIFFICULTY BREATHING**
- . Protect yourself by washing your hands at least for 20 seconds **FREQUENTLY**
- . Avoid touching your **FACE**
- . Practice Social Distancing
- . Consider carrying a small bottle of hand sanitizer



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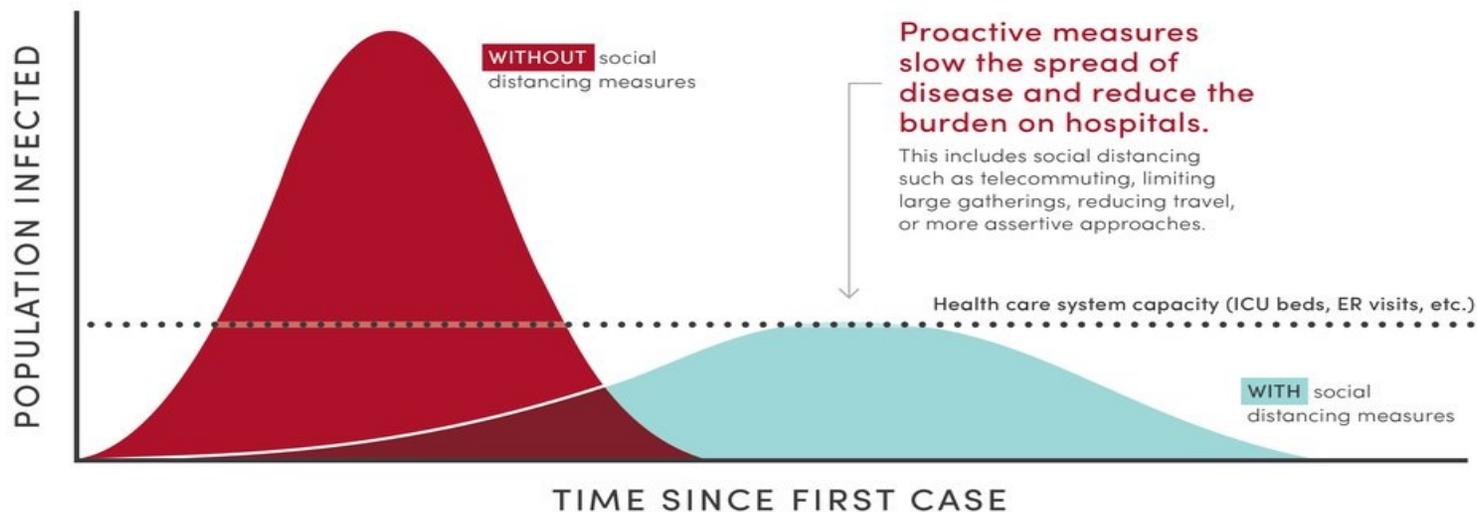
# Flatten the Curve

**"We must flatten the curve to keep the Health Care System from failing."**

Recommendations to "Flatten the Curve":

- Wash your hands (water/soap/scrub/20 seconds) before touch your eyes, nose and mouth.
- Cover your mouth (when cough or sneezing)
- Clean & sanitize surfaces at least daily and more often if used frequently
- Practice Social Distancing (Keep 6 feet apart), Telework if possible, Cut all non essential travel and community involvement (STAY HOME).

SLOW THE SPREAD OF THE VIRUS





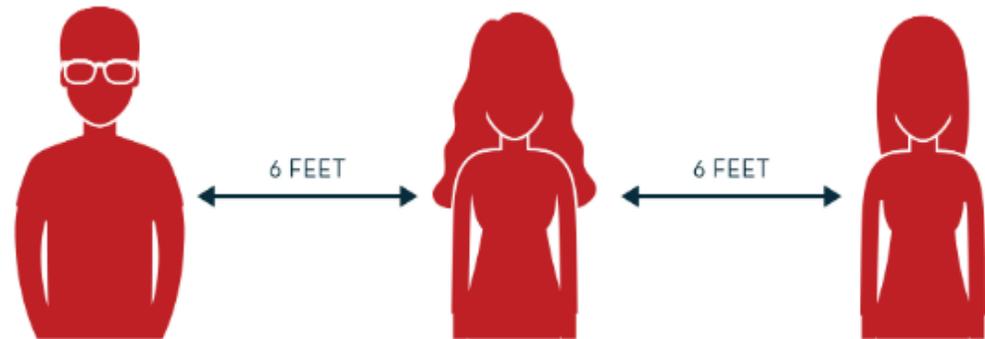
# U.S. Army Reserve Prevention



As the illness is thought to spread from person to person, experts advise washing hands, avoiding close contact with others, and cleaning and disinfecting surfaces.



Wash hands for about 20 seconds with soap and hot water or use a sanitiser gel





# U.S. Army Reserve **Symptoms**



**Fever**, **cough**, and **difficulty breathing** are the most common symptoms. If you're experiencing symptoms, call your medical provider. The CDC urges those who may have been exposed to avoid public places and limit contact with other people.

**FEVER**



**SHORTNESS  
OF BREATH**



**COUGH**





# U.S. Army Reserve Social Distancing



To **stop the spread** of coronavirus, health and government officials recommend avoiding large gatherings and maintaining a distance of 6 feet from other people. This reduces the chance of contact with those knowingly or unknowingly carrying the infection.

