

Stay healthy. Stay informed.

Information Guide for Coronavirus (COVID-19)

The COVID-19 Coronavirus is a new respiratory virus first identified in Wuhan, Hubei Province China. It is being closely monitored by the Centers for Disease Control and Prevention (CDC). Reported illness have ranged from infected individuals with little or no symptoms to individuals who are severely ill.

The best way to stay healthy is to stay informed. Protect yourself and your family by identifying symptoms early, avoiding contact with people who are sick and washing your hands frequently. A healthier, stronger Miami starts with you.



What the CDC has shared about COVID-19:

- Symptoms include mild to severe respiratory illness with fever, cough and/or difficulty breathing
- These symptoms mimic the flu, yet there are no specific treatments for COVID-19
- Symptoms may appear 2-14 day after exposure
- Having these symptoms alone does not mean someone has the virus

What are Flu Symptoms?

- Flu symptoms can include a cough, sore throat, fever, runny or stuffy nose, body aches, headaches, chills, feeling tired and may include vomiting and diarrhea
- Some people with the flu may not experience or display all these symptoms

What if I or a family member has these symptoms?

- You should contact your doctor or the Florida Department of Health immediately for guidance on where to seek testing. Do not wait for symptoms to worsen.
- The CDC is encouraging individuals and families to stay home when sick, except to get medical care.
- If you have recently traveled to high risk countries, it is recommended that you contact the Florida Department of Health (305) 324-2400 for information regarding local testing sites.

What are some ways I can protect myself and family and prevent the spread of viruses?

- **Washing hands with soap and water for at least 20 seconds** is the best way to prevent the spread of illness.
- If possible, **avoid contact with people who are sick.**
- **Cover your cough or sneeze with a tissue** and throw the tissue in the trash and wash your hands.
- **Do not touch your eyes, nose and mouth** with unwashed hands.
- **Clean and disinfect frequently touched objects and surfaces** with regular household cleaning spray or wipes.
- Demonstrate the above behaviors and actions to family members and children in your home.

To stay up to date on the latest information about COVID-19, visit [cdc.gov](https://www.cdc.gov).

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