Protect Yourself and Others Around You

1. Wash hands frequently with soap and water for at least 20 seconds, and always before eating; after using the bathroom; and after blowing your nose, coughing or sneezing. Cover your cough or sneeze with a tissue, then dispose of the tissue in the trash and wash your hands.
2. Do not touch your eyes, nose and mouth. When in public, wear a cloth face mask over your nose and mouth.
3. Stay at least 6 feet (about 2 arms’ length) from other people.
4. Clean and disinfect frequently touched objects and surfaces. Dispose of trash after cleaning.
5. Stay at home when sick until your symptoms are gone.

Seek Immediate Medical Advice If You Show Signs Or Symptoms

University Health Services Mānoa
(808) 956-8965
www.hawaii.edu/shs

CORONAVIRUS PREVENTION

SARS-CoV-2 is a strain of coronavirus that had not been previously identified in humans, making it a novel coronavirus. The disease caused by this virus is known as COVID-19.

Signs and Symptoms

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

- Fever or chills
- Cough
- Difficulty breathing
- Fatigue
- Muscle/body aches
- New loss of taste or smell
- Headache
- Congestion or runny nose
- Sore throat
- Nausea, vomiting or diarrhea
- Cough
- Difficulty breathing
- Fatigue
- Muscle/body aches
- New loss of taste or smell
- Headache
- Congestion or runny nose
- Sore throat
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Rev 6/8/20