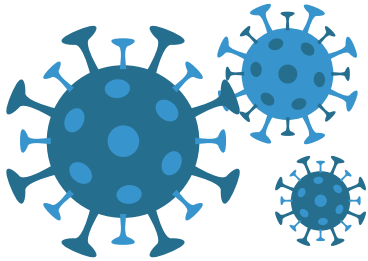


CORONAVIRUS PREVENTION

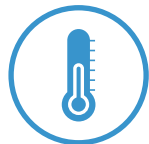


COVID-19

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

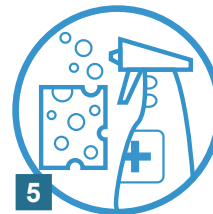


SORE THROAT



NAUSEA, VOMITING OR DIARRHEA

Protect Yourself and Others Around You



1. Get vaccinated to prevent serious illness, protect your ohana and your community against COVID-19.
2. 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.
3. Do not touch your eyes, nose and mouth. When in public, wear a cloth face mask over your nose and mouth.
4. Stay at least 6 feet (about 2 arms' length) from other people.
5. Clean and disinfect frequently touched objects and surfaces. Dispose of trash after cleaning.
6. Stay at home when sick until your symptoms are gone.

**Seek Immediate Medical Advice
If You Show Signs Or Symptoms**

Leeward CC Student Health Center
(808) 455-0515
www.hawaii.edu/shs/lcc