Coronavirus (COVID-19)
Precautions for your well-being and safety

Please keep 6 feet of distance between yourself and the reception desk.
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Social Distancing
Keep 6ft. from others when possible.
Cover your mouth and nose every time you cough or sneeze with your elbow or a tissue.
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Refrain from touching your eyes, nose and mouth.
You do it over 2 dozen times per hour!
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Do’s and Don’ts
of Social Distancing

**DO**
- Avoid close contact with others, by both number and by distance.
- Avoid crowds, events where the public gathers as much as possible.
- Stay home if feeling sick. Use a separate room and bathroom. Try to avoid sharing items.

**DON’T**
- Get within six feet of any persons, especially if feeling ill.
- Go out to large gatherings, such as fundraisers, restaurants and events.
- Visit stores or go out to other public places if you have symptoms of an illness.

YaleNewHavenHealth
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Washing your hands is one of the most important steps that you can take to help stop the spread of respiratory illnesses like coronavirus. It takes 20 seconds, roughly the same amount of time it takes to sing “Happy Birthday” twice, to clean them properly using soap and water.

YaleNewHavenHealth
Coronavirus (COVID-19) Precautions for your well-being and safety

Symptom Comparison

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Allergies</th>
<th>Cold</th>
<th>Influenza (Flu)</th>
<th>Coronavirus (COVID-19)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cough</td>
<td>Sometimes</td>
<td>Often</td>
<td>Often</td>
<td>Often</td>
</tr>
<tr>
<td>Fever</td>
<td>Never</td>
<td>Rare</td>
<td>Often</td>
<td>Often</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Sometimes</td>
<td>Sometimes</td>
<td>Often</td>
<td>Often</td>
</tr>
<tr>
<td>Shortness of Breath</td>
<td>Rare</td>
<td>Rare</td>
<td>Rare</td>
<td>Often</td>
</tr>
<tr>
<td>Stuffy Nose</td>
<td>Often</td>
<td>Often</td>
<td>Sometimes</td>
<td>Rare</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Often</td>
<td>Often</td>
<td>Rare</td>
<td>Rare</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Rare</td>
<td>Often</td>
<td>Sometimes</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Rare</td>
<td>Often</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Body Aches</td>
<td>Never</td>
<td>Often</td>
<td>Often</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Diarrhea/GI</td>
<td>Rare</td>
<td>Rare</td>
<td>Sometimes</td>
<td>Sometimes</td>
</tr>
</tbody>
</table>

*Symptoms may range from mild to severe depending on individual health and/or pre-existing conditions. Consult your physician with questions.*