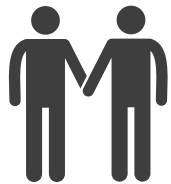


# COVID-19



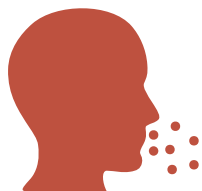
The virus usually spreads from close person-to-person contact through respiratory droplets from coughing and sneezing.

14  
days



Symptoms may develop within 14 days of exposure to the illness.

## Symptoms of COVID-19 include:



Cough



Fever

100.4° +



Shortness of Breath

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Diarrhea

Nausea or vomiting

Congestion or runny nose

## When to seek testing for COVID-19

If you had close contact with a person known to have COVID-19 or are experiencing any symptoms, please call the Duke COVID-19 hotline to schedule a test: 919-385-0429. It is open daily from 8:00 am to 8:00 pm.

For more information, visit our website at [DukeHealth.org](https://DukeHealth.org).



## The best way to protect yourself



Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands.



Maintain at least 6 feet of distance from others and avoid close contact with people who are sick, sneezing or coughing.



Stay home when you are sick.



Clean and disinfect surfaces and objects people frequently touch.



Cover your mouth and nose with a mask when others outside of your household are around.