

**STAY SAFE
DUPAGE**



**STOP THE
SPREAD OF
GERMS**

Help prevent the spread of respiratory viruses like COVID-19 and flu.

WHAT ARE THE SYMPTOMS?

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:



Fever



**Cough
and/or sore
throat**



**Shortness of
breath or difficulty
breathing**



**Muscle
Pain**



Chills



**New loss of
taste or smell**

This list is not all inclusive. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

PROTECT YOURSELF AND OTHERS

WEAR A MASK

Visit the link below to learn how to clean and sanitize a mask
dupagehealth.org/630/Face-Covering-Donations



Cover mouth and nose with a cloth face cover

You protect other people from getting sick by wearing a cloth covering

Do not remove your mask to talk to others



Wash hands often



Avoid touching eyes, nose or mouth



Avoid contact with sick people, social distance yourself from others (at least 6 feet)



Cover mouth/nose with a tissue or sleeve when coughing or sneezing



Stay home while you are sick; avoid others



Clean and disinfect frequently touched objects and surfaces