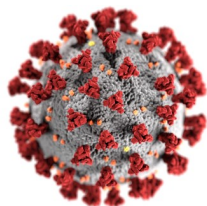


Coronavirus (COVID-19) Stay informed



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Things to Know

[Centers for Disease Control and Prevention \(CDC\)](#)

[Current Information](#)

[Tennessee Department of Health Coronavirus \(COVID-19\) https://www.tn.gov/health/cedep/ncov.html](https://www.tn.gov/health/cedep/ncov.html)

[What You Should Know - Mayo Clinic](#)

[Stanford Health Care Now](#)

[Tennessee Department of Health Weekly Update Summary https://www.tn.gov/](https://www.tn.gov/)

Graphs / Charts

[Worldometers Get up-to-the-hour statistics. Check number of coronavirus cases, deaths and recovered. By Worldometers.info](#)

[Global Cases by the Center for Systems Science & Engineering at Johns Hopkins Univ.](#) If on a mobile device use [Mobile Map of Novel Coronavirus \(COVID-19\) Global](#)

Prevention

[Help Keep Illness from Spreading \(TN Dept. of Health\)](#)

[Download PDF \(English\)](#)

[Download PDF \(Spanish\)](#)

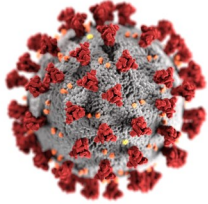
Travel

[U.S. Department of State Coronavirus Travel Advice](#)

Coronavirus (COVID-19) Prevention



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If You Get Sick

Contact your doctor

Wear a mask

Do not share bedding

Or Dishes

Symptoms May Include

Abrupt onset of fever

Aches and chills

Fatigue

Headache

Respiratory symptoms
such as coughing and

Self-Care

Get rest.

Drink plenty of fluids

Nonprescription pain med-
ications to control fever

Restrict social contact so
others do not get sick

Wash your hands

Use soap and water or, when traveling or when wa-
ter is scarce, an alcohol-based hand sanitizer —

Clean and disinfect surfaces you often touch

Every so often, wipe down frequently touched sur-
faces in your environment. Use a disinfectant wipe.

Stay informed

Look to **reliable news sources** for up-to-date infor-
mation and recommendations from health experts.
Visit the CDC and WHO websites for trustworthy

Cover your mouth and nose

Use facial tissue when you cough or sneeze. Throw
away used tissues immediately. If no tissue is
available, cough or sneeze into your upper sleeve.

Don't touch your

(eyes, nose and mouth) with unwashed hands.
Wash your hands before handling food or after using
the restroom, coughing, sneezing or blowing your

Follow travel advisories

These can change rapidly depending on how any

Stay healthy

A healthy body means a strong immune system
that fights off infection. Eating a balanced diet,
exercising regularly and getting adequate sleep are
all things you can do to help maintain good health.

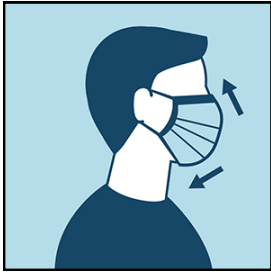
Get your flu shot

A flu shot won't shield you from COVID-19. But in
the U.S., influenza is far more common than
COVID-19.

Coronavirus (COVID-19) DIY Face Mask



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Continue To:

Stay at least 6 feet away from others

Wash your hands with soap and water for 20 seconds

- Regularly
- Before putting mask on
- After taking mask off
- If mask is touched
- If you go into public
- Come into contact

The Centers for Disease Control (CDC) now recommends wearing cloth face coverings in public settings

Commercially-made masks are in limited supply. Use the following instructions to make your own with common

Materials

Fabric: 100% cotton, such as denim, percale, T-shirts, or pillow cases. The fabric should be wide enough to fold in two layers. You should not be able to see through it but should still be able to breathe through it.

Ties: elastic, clean shoe laces, rubber bands, string, cloth

Click the links below for more information:

[CDC Sewing and Non-Sewing Instructions](#)

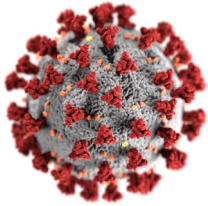
- [DIY Mask Tutorials](#)
- [How to Wear a Cloth Face Mask](#)
- [Can a Cloth Face Mask be Cleaned?](#)
- [How Can a Cloth Face Mask be Sterilized?](#)

*Remember: Wearing a face mask offers **limited** protection from COVID-19. Continue to practice social distancing, regular hand-washing and don't touch your face!*

Coronavirus (COVID-19) General Information



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Who is most at risk of infection and of serious complications?

Anybody who's had close contact with an infected person. Older adults with underlying medical conditions such as lung and heart disease, diabetes, cancer, and a suppressed immune system seem to have a higher rate of complications such as pneumonia and death.

How is Coronavirus (COVID-19) spread?

When an infected person coughs or sneezes, he or she releases respiratory droplets that can land in the mouths or noses of people nearby and possibly be inhaled into the lungs.

What treatments are there?

Currently there are no effective treatments for COVID-19 so far. **Right now, the best prevention is to thoroughly wash your hands often.** If you are at risk (older adults with underlying medical conditions such as lung and heart disease, diabetes, cancer, and a suppressed immune system), **avoid crowds.**

History

Coronavirus disease 2019 (COVID-19) emerged in 2019 in a Chinese province. Most who have died of the virus have had serious underlying illness.

The number of cases is increasing. This is due to people traveling from other countries and the ability of the virus to transmit from one person to another.