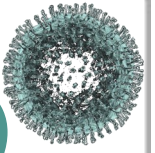


# Coronavirus 2019 (COVID-19)

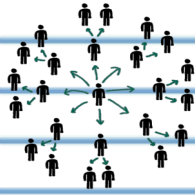


## What is Coronavirus Disease 2019 (COVID-19)?

Coronavirus 2019 (COVID-2019) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.



## How Does COVID-19 Spread?



The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so.

## How Can I Protect Myself?

There are simple everyday preventative actions to help prevent the spread of respiratory viruses. These include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains 60% alcohol if soap and water are not available.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the garbage.
- Clean and disinfect frequently touched objects and surfaces.



**\*CDC does not currently recommend that people who are healthy wear a facemask to protect themselves from respiratory illnesses, including COVID-19. You should only wear a mask if a healthcare professional recommends it.**

For more information: [www.cdc.gov/COVID-19](http://www.cdc.gov/COVID-19)



The Clifton Health Department is a contractual health agency serving the Township of Little Falls.



Clifton Health Department  
Public Health  
Prevent. Promote. Protect.