COVID-19 is spreading in Washington state. Everyone should take steps to protect their health and the health of people around them.

**What is COVID-19?**

- COVID-19 is an illness caused by a new type of coronavirus.
- Most people who get COVID-19 experience mild symptoms similar to a cold.
- Some people are at higher risk for severe illness, including people with health conditions, older adults, and pregnant women.
- Currently there is no vaccine available.

**Symptoms**

- Fever
- Cough
- Difficulty breathing

**How it spreads**

Experts believe COVID-19 is most commonly spread through:

- Coughing and sneezing
- Close contact with someone who is sick
- Touching a surface or object that has the virus on it

**Practice social distancing**

Social distancing means keeping extra space between yourself and others to reduce the risk of getting or spreading COVID-19.

- Keep at least 6 feet of space between yourself and others whenever possible.
- Stay home as much as you can.
- Avoid crowded areas.
- Greet people without touching.
- Help family and friends who need assistance staying home.

**STAY INFORMED:**

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) | [doh.wa.gov/coronavirus](https://www.doh.wa.gov/coronavirus) | [jeffersoncountypublichealth.org](https://jeffersoncountypublichealth.org)

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