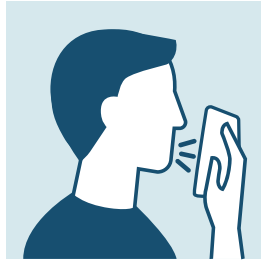# FIGHT COVID-19

Facts:

- You can have the virus without symptoms.
- You may infect others without knowing it.
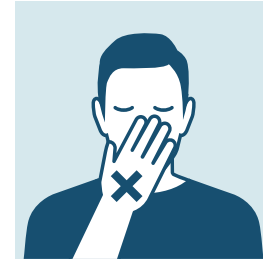
Take steps to protect yourself and others

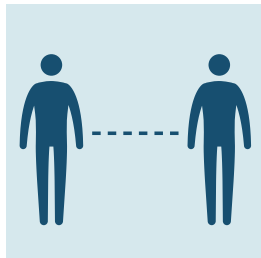**Wash your hands often with soap and water for at least 20 seconds.**

Sneeze into a tissue, cough into your elbow.

Avoid touching your eyes, nose, and mouth.
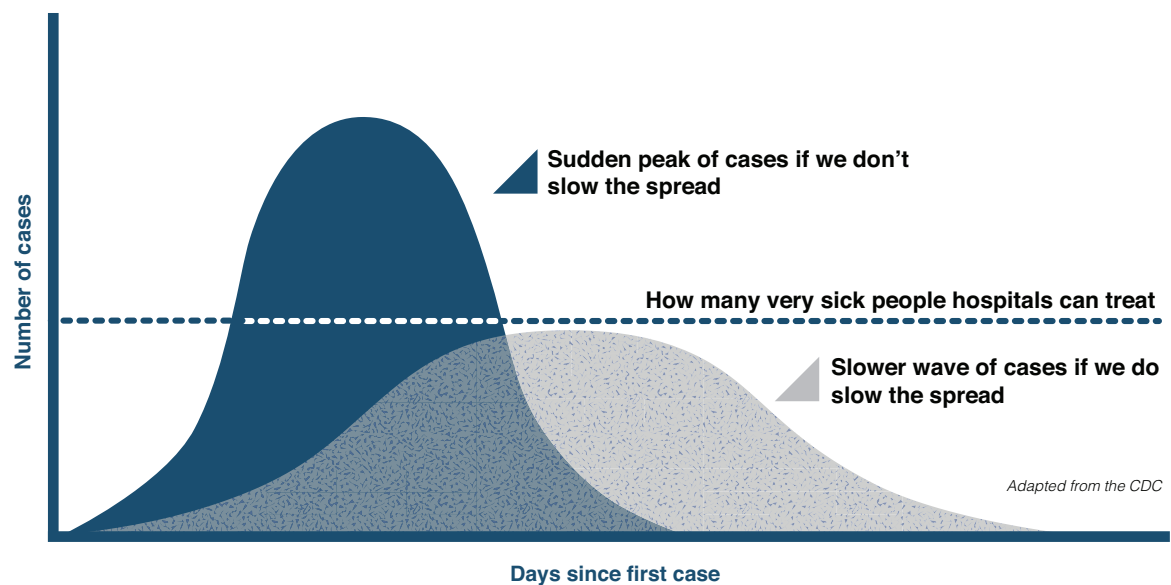
Clean and disinfect frequently touched objects and surfaces.

Keep six feet away from others and avoid groups.

Stay home as much as possible.

How following these steps can save lives

Number of cases

Sudden peak of cases if we don't slow the spread

How many very sick people hospitals can treat

Slower wave of cases if we do slow the spread

Adapted from the CDC

Days since first case

If you think you are sick

If you have fever, cough, or shortness of breath, call the doctor BEFORE going in to be seen.

For up-to-date information, visit umc.edu/coronavirus.

The Mississippi State Department of Health Coronavirus Hotline: 877-978-6453 Monday – Friday, 8 a.m. – 5 p.m.

UMMC