

Gold Coast
Health PlanSM
A Public Entity

What to Know About Coronavirus Disease 2019 (COVID-19)

Symptoms



FEVER



COUGH



BREATHING DIFFICULTY

Prevention — Start With Washing Your Hands



WET HANDS



USE SOAP



SCRUB: 20 SECONDS

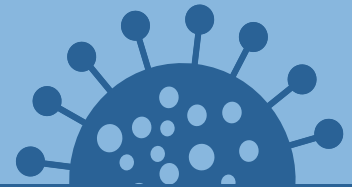


RINSE



DRY HANDS

- Washing your hands often with soap and water for 20 seconds is one of the easiest and most effective ways to prevent the spread of germs.
- Avoid close contact with people who are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect surfaces and objects frequently.
- Stay home when you are sick, except to get medical care.



Seeking Care

Call your doctor if you experience symptoms. If your symptoms are life-threatening, call 911.

For more information visit www.cdc.gov/coronavirus/2019-nCoV/index.html and www.vcemergency.com/.

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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-888-301-1228 (TTY: 1-888-310-7347).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-301-1228/TTY 1-888-310-7347.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-1228 (TTY: 1-888-310-7347)。