

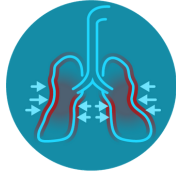
# PREVENTION SAVES LIVES!

## COVID-19: WHAT YOU NEED TO KNOW

### What are the symptoms of COVID-19?



**FEVER**






**DIFFICULTY  
BREATHING**




**COUGH**

### How is COVID-19 spread?

-  Coughing & sneezing
-  Close personal contact, such as touching or shaking hands
-  Touching a contaminated object or surface & then touching your face

### How can I protect myself and our community?

- GREET OTHERS WITH A SHAKA instead of a handshake, hug, or kiss 
- WASH YOUR HANDS OFTEN & after touching public surfaces
- WASH HANDS WITH SOAP & WATER FOR 20+ SECONDS or use hand sanitizer with over 60% alcohol
- AVOID TOUCHING YOUR FACE, especially with unwashed hands
- GET YOUR FLU SHOT

- IF YOU ARE SICK - STAY HOME & avoid contact with others
- CALL YOUR DOCTOR if you have symptoms & think you have been exposed to the virus
- COVER YOUR MOUTH & NOSE with a tissue or your sleeve when coughing or sneezing, & throw tissue in the trash
- AVOID GROUP SETTINGS AS MUCH AS POSSIBLE especially if you are age 60+ or have underlying health conditions

### FOR MORE INFORMATION ABOUT COVID-19

**COUNSELING HOTLINE**  
Mon-Fri, 8am-10pm  
(671) 988-5375  
(671) 683-8802  
(671) 686-6032

**MEDICAL HOTLINE**  
(medical inquiries only)  
Mon-Fri, 6am-10pm  
(671) 480-7859  
(671) 480-6760  
(671) 480-6763  
(671) 480-7883  
(671) 687-6170 ADA Line

**ALL OTHER QUESTIONS  
JOINT INFORMATION CENTER**  
Mon-Fri, 8am-5pm  
(671) 478-0208  
(671) 478-0209  
(671) 478-0210

 [dphss.guam.gov](http://dphss.guam.gov)

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