

# COVID-19

## COVID-19 is a new coronavirus.

It can cause mild illness, like a cold, or severe illness, like pneumonia.

It spreads through moisture droplets when an infected person sneezes, coughs or talks.



## Symptoms



Fever, chills, cough, shortness of breath, fatigue, muscle pain, headache, loss of taste or smell, sore throat, stuffy or runny nose, nausea, vomiting, diarrhea.

If you have these symptoms, get tested. Make an appointment with your healthcare provider or find a test at [tpchd.org/gettested](https://tpchd.org/gettested).



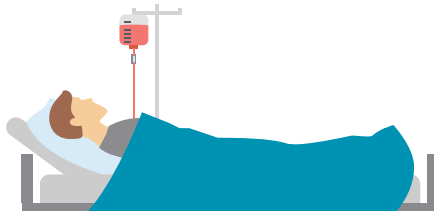
## At high risk for severe illness



Age 65 or older.



Live in a care facility.



Have an underlying health condition or a weakened immune system.

## Prevent the spread of COVID-19.



Get vaccinated.



Wear a mask.



Stay home if you're sick.

## Protect your health.

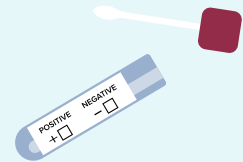
Even if you are fully vaccinated you should continue to:



Wash your hands often with soap and warm water. Scrub for 20 seconds.



Cover your coughs and sneezes. Use a tissue or your elbow.



Get tested if you are exposed to someone with COVID-19. 3–5 days after exposure.



Follow mask guidance. You may need to wear a mask in indoor and crowded outdoor public spaces.



Tacoma-Pierce County

# Health Department

Healthy People in Healthy Communities

Learn more and stay updated at [tpchd.org/coronavirus](https://tpchd.org/coronavirus).