# BASIC COVID-19 PREVENTION TIPS

The Detroit Health Department exists to ensure the safety and well-being of residents, visitors, and animals in our care. In light of **COVID-19 (Coronavirus)**, the Detroit Health Department reminds everyone, whether you feel sick or well, please follow these basic prevention tips:

1 Stay home if you are sick

2 Cover your mouth and nose with your elbow when coughing or sneezing

3 Wash your hands frequently with warm soapy water for at least 20 seconds

4 Avoid touching your eyes, nose and mouth

5 If feeling ill, call your doctor immediately

6 Regularly clean commonly used surfaces and objects, like cellphones

If you can have questions about COVID-19, contact the **Detroit Health Department** via phone or email at **(313) 876-4000** or **dhdoutbreak@detroitmi.gov** or visit the website at **detroitmi.gov/coronavirus**.

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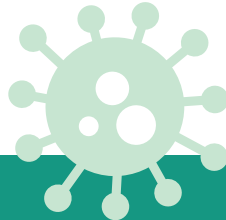
WATCH FOR SYMPTOMS

FEVER

SHORTNESS OF BREATH

COUGH

COVID-19 symptoms may appear 2-14 days after exposure and could include:

Fever **Dizziness**
Cough **Chest Pain**
Severe Shortness of Breath

Older adults, and persons with serious chronic medical conditions like heart disease, diabetes, lung disease, and people with weakened immune systems are at higher risk of becoming seriously ill from COVID-19. Persons in these categories should pay close attention to the symptoms highlighted above.

If you feel you are developing symptoms, or have other symptoms that are severe or concerning, contact your medical provider.

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