HELP PREVENT THE SPREAD OF COVID-19 请帮助阻止新冠肺炎的传播

Symptoms of COVID-19 新冠肺炎的症状

- **Fever** 发热
- **Cough** 咳嗽
- **Shortness of Breath** 呼吸困难

Symptoms may take 14 days to appear after contact. 接触病毒后可能需要14天才会出现症状。

Tips to prevent the spread of COVID-19 阻止新冠肺炎传播的小贴士

- **Wash your hands with water and soap for 20 seconds** 用水和肥皂洗手20秒钟
- **Avoid contact with sick people** 避免与病人接触
- **Don’t touch eyes, nose or mouth with unwashed hands** 不要触摸眼睛、鼻子或嘴巴
- **Avoid travelling** 避免旅行
- **Stay at home** 呆在家里
- **Call 8-1-1 or your primary care physician if you are sick** 如果生病请致电8–1–1