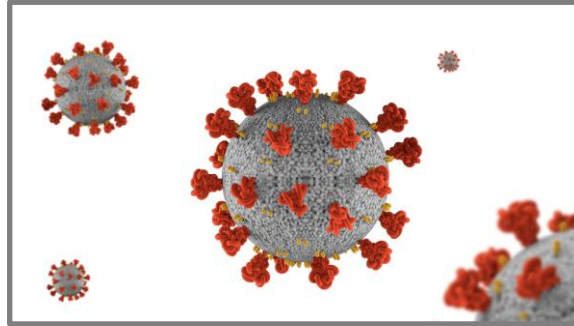


Prevent the Spread of COVID-19



COVID-19 Simplified – How It Makes You Sick

You may be wondering how COVID-19 spreads and makes you sick. The spread of COVID-19 occurs from breathing in airborne droplets after an infected person coughs or sneezes. Some scientists are also concerned that infected people may be able to contaminate surfaces. There's a lot we don't know yet.

What we do know is the virus needs a host, you. You become a host after breathing infected airborne drops or possibly touching contaminated surfaces. After touching a contaminated surface, it may be possible to move the virus as you touch your nose, eyes, or mouth. COVID-19 is a respiratory virus. Once it enters your body, it binds with and infects your cells causing illness. That is why social distancing, washing your hands, and cleaning, sanitizing, and disinfecting surfaces prevents the spread of COVID-19.

Stay Home, Stay Safe, Stay Healthy

B. Susie Craig

Contributors: Zena Edwards, Lizann Powers, Margaret Viebrock, Darrell Kilgore, Matt Ziegler