Novel Coronavirus is a new virus that causes respiratory illness in people. Symptoms include coughing, sneezing, runny nose, fever, chills and shortness of breath.

To help prevent the spread of the virus and protect yourself, follow Dr. Rita’s recommendations!

- Wash your hands often with soap and water
- Avoid close contact with people who are sick
- Cover your cough or sneeze with a tissue or sleeve
- Avoid touching your face
- Stay home when you are sick and get lots of rest
- Eat healthy foods and drink plenty of fluids

For more information, please visit ochealthinfo.com/novelcoronavirus