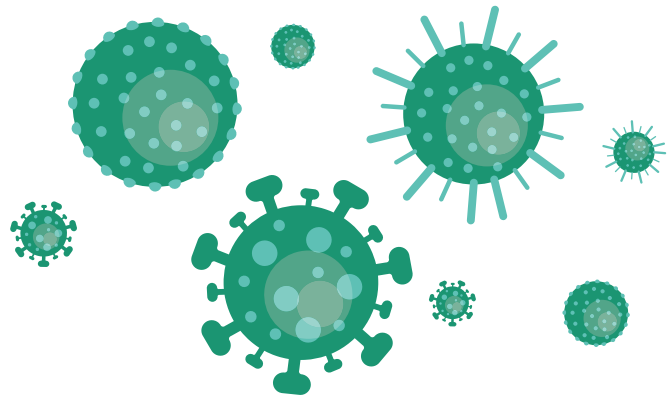


HEALTH UPDATE

COVID-19



Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person.

Symptoms include:

- Fever
- Cough
- Difficulty breathing/shortness of breath

Most people who become infected experience mild illness and recover, but it can be more severe for others. Risk factors for severe illness are not yet clear, although older adults and those with chronic medical conditions may be at higher risk.

There are ways to help prevent the spread of COVID-19:

- Wash your hands often with soap and warm water for at least 20 seconds. Use alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Cough and sneeze into your sleeve or cover your mouth and nose with a tissue.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home when sick.

Contact a medical provider if:

Call your healthcare provider or the CU Medical Services nurse line at 303-492-5101 if you have a fever, cough and difficulty breathing/shortness of breath.

Medical Services offers a 24/7 nurse line and can provide advice and recommendations by calling 303-492-5101.