WHAT ARE THE SYMPTOMS OF CORONAVIRUS?

Symptoms of COVID-19 include fever, cough, or trouble breathing. These symptoms may appear 2 to 14 days after being exposed to the virus.

WHO IS AT RISK FOR SEVERE ILLNESS?

Most cases of coronavirus illness are mild and do not require hospital care. A small percentage of people get severely ill with lung and breathing problems, like pneumonia. Older adults (60+) and persons of any age with underlying medical conditions are at highest risk.

WHEN SHOULD I SEEK MEDICAL ATTENTION?

If you have symptoms of fever, cough, or shortness of breath OR you recently traveled to a country experiencing novel coronavirus, call the NM Department of Health at (855) 600-3453.

WHAT SHOULD I DO IF I'M AT HIGHER RISK?

- **Have supplies on hand**
  - Ensure that you have enough medications. You may want to contact your doctor or pharmacist to ask about getting extra medications.
  - Have enough household supplies and groceries on hand in case you need to stay home for a period of time.
  - Consider getting prescriptions, supplies, and food delivered instead of visiting the store.
- **Avoid close contact with people who are sick**, this includes staying home if you are sick.
- **Stay home as much as possible** but if you need to go out in public, keep away from other individuals and avoid crowds. Consider postponing any upcoming travel, especially on cruises.
- **Wash your hands often** with soap and water, for at least 20 seconds. If soap and water are not available, use a hand sanitizer containing at least 60% alcohol.
- **Clean and disinfect** all frequently touched surfaces in your home such as door handles, cell phones, remotes, tables, countertops, and bathroom fixtures.
- **Have a back-up plan** for family members, friends, or other services to deliver meals, medicine, or other items to your home if you become sick.

The New Mexico Department of Health is the lead agency for the statewide coronavirus response. Community members are encouraged to visit https://cv.nmhealth.org or call 833-551-0518 for general questions.