

# Skeehchooash

*Pequot for Grasses, Herbs, Medicines*

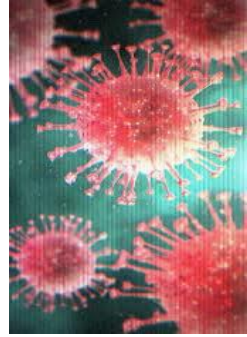
PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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## Coronavirus - What You Need to Know

**What is it?** It is a respiratory illness that was first identified in Wuhan, China

**How is it spread?** Person to person contact via respiratory droplets when an infected person coughs or sneezes, or when a person touches a surface that has the virus on it, then touches their mouth, nose or possibly eyes.



**What are the symptoms?** Fever, cough or shortness of breath. Symptoms may appear 2-14 days after exposure.

### **How can you prevent getting Coronavirus?**

- Stay home if you are sick
- Avoid close contact with people who are sick
- Don't touch your mouth, nose, or eyes
- Cover your cough or sneeze with a tissue then discard tissue in the trash
- Clean and disinfect frequently touched surfaces/objects
- Wash your hands with soap for at least 20 seconds with soap. If soap is not available, use an alcohol-based hand sanitizer that contains 60% or more alcohol

### **Should I wear a facemask to prevent getting Coronavirus?**

The CDC does **NOT** recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including Coronavirus. You should only wear a mask if a healthcare professional recommends it.



<https://www.cdc.gov/coronavirus/2019-ncov/about/>

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