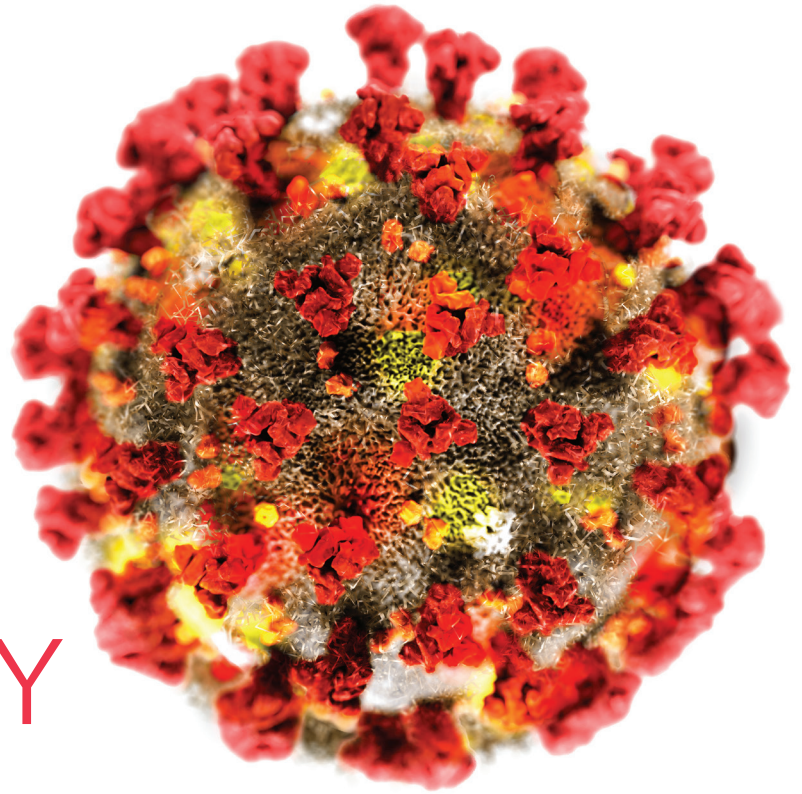# Lexington Clinic

PROTECT YOURSELF AND YOUR COMMUNITY

WHAT IS COVID-19?

The new coronavirus, COVID-19, is a new illness that was first identified in Wuhan, China, in December 2019, with patients reporting cases of fever and acute respiratory illness. Since that time, other countries, including the U.S., have seen cases of the illness.

There is currently no vaccine to prevent COVID-19 infection. The best way to prevent infection is to avoid being exposed to this virus.

HOW CAN INFECTION BE PREVENTED?

As a reminder, the CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer (at least 60% alcohol).

- Avoid touching your eyes, nose, and mouth with unwashed hands.

- Avoid close contact with people who are sick.

- Stay home when you are sick.

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

- Clean and disinfect frequently touched objects and surfaces.