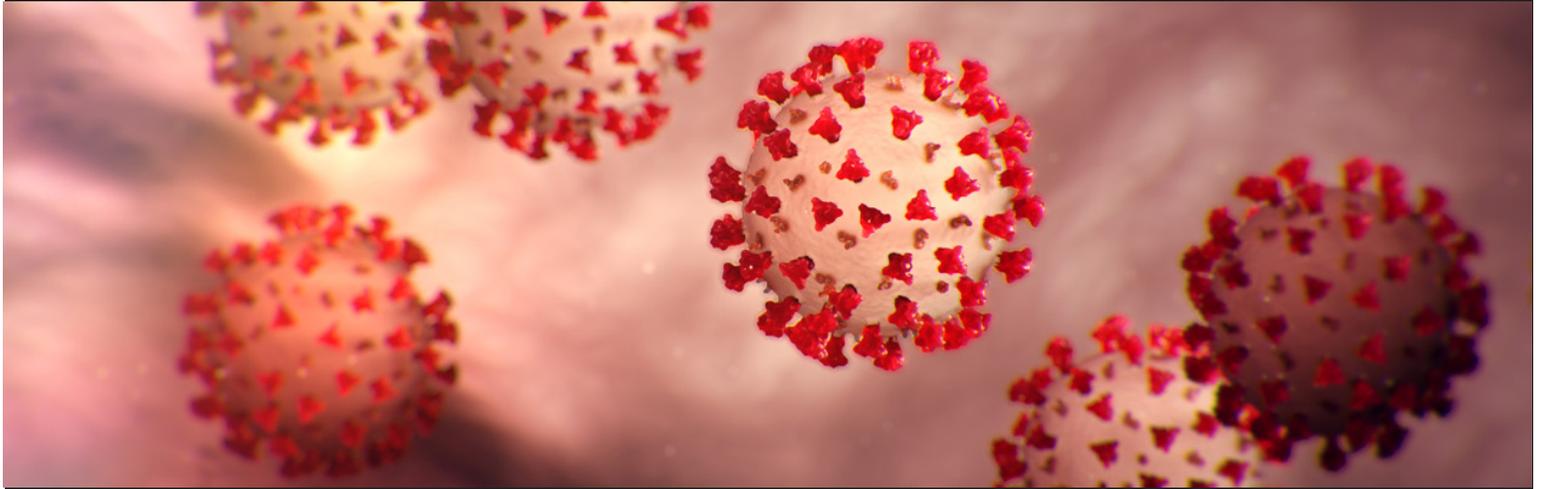# Protect Yourself and Others from Illness

- **Avoid close contact with others (6 feet)**

- **The CDC recommends covering your mouth and nose with a cloth face cover when around others**

- **Cover coughs and sneezes**

- **Wash your hands often**

- **Clean and disinfect**

- **Monitor Your Health Daily**

People with these symptoms may have COVID-19:

- **Fever or chills**
- **Cough**
- **Shortness of breath or difficulty breathing**
- **Fatigue**
- **Muscle or body aches**
- **Headache**
- **New loss of taste or smell**
- **Sore throat**
- **Congestion or runny nose**
- **Nausea or vomiting**
- **Diarrhea**

Source: Centers for Disease Control and Prevention

ST. PETERS MISSOURI

www.cdc.gov/coronavirus