COVID-19 coronavirus is a new respiratory illness that was first identified in December 2019 in Wuhan, China, and subsequently began spreading throughout the world.

HOW IS IT SPREAD?
• Coughing or sneezing
• Close personal contact such as touching or shaking hands
• Touching a contaminated object or surface, then touching your eyes, nose or mouth

HOW CAN I PROTECT MYSELF?
• Wash your hands often with soap or water, or use an alcohol-based sanitizer with at least 60 percent alcohol.
• Avoid close contact with people who are sick.
• Avoid touching your eyes, nose and mouth.
• Stay home if you are ill.
• Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

At Tidelands Health, we routinely care for individuals with potentially infectious illnesses and have rigorous infection prevention processes and protocols in place. Working in collaboration with state and federal health authorities, we are drawing upon our extensive experience and training as we respond to COVID-19.

For the latest information about the COVID-19 coronavirus and our response, visit tidelandshealth.org.

Visit the Centers for Disease Control and Prevention at coronavirus.gov or find the South Carolina Department of Health and Environmental Control at scdhec.gov.