As you know, the Douglas County Community & Senior Center closed to the public starting March 17 due to the COVID-19. Douglas County is actively monitoring and managing the COVID-19 level of risk in our community. Those most vulnerable to the impacts of COVID-19 include older adults and people who have chronic medical conditions such as heart disease, diabetes, and lung disease. Call your doctor if you think you have been exposed to COVID-19 and develop a fever and symptoms, such as a cough or difficulty breathing.

Everyone is asked to:

• Stay home when you are sick.
• Put distance between yourself and others. Keep at least 6 feet between you and other people.
• Stay home as much as possible. Avoid shaking hands.
• Do not go to the emergency department unless it is essential. Emergency departments need to be able to serve those with the most critical needs.
• If you have a mild cough, fever, or other respiratory symptoms, contact your doctor first.
• Practice everyday preventive actions to help prevent the spread of respiratory viruses:
  • 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.
• Avoid touching your eyes, nose, and mouth.
• Avoid close contact with people who are sick.
• Cover your cough and sneeze with a tissue, then throw the tissue in the trash.
• Clean and disinfect frequently touched objects and surfaces.

Our main goal is to keep you safe and healthy, and provide information on how to deal with COVID-19. We will continue essential services including DART Transportation, Meals-on-Wheels with a pick-up option, limited Homemaker Services, and wellness checks via telephone calls.

We have dedicated April’s newsletter with resources and information to help you during this time. Information include a list of restaurant that are offer dining out pick-up, resource contacts, Covid-19 information, Hotline number and information on on-going senior services. We also added some fun activities to keep you busy. We miss seeing our seniors every day, and together we will get through this!

Take Care.
Senior Services

DART
Douglas County DART Dial-A-Ride services remain open but are restricted to scheduled appointments only. All DART transportation users including seniors or persons with a disability, and who are not already enrolled in the Dial-a-Ride program, are encouraged to contact DART transportation at 775-783-6456. All transit riders will be required to pass a phone screening. Anyone suspected of having COVID-19 virus and requiring transportation should call 911.

Meals-on-Wheels
Meals on Wheels will continue as usual with modified safety practices in place. Extended enrollment in that program is being encouraged for all of those that normally attend congregate dining or are otherwise concerned about having access to prepared food. Seniors wishing to receive this service are asked to contact the Senior Center at 775-782-5500 ext. 1 to arrange drive up food pick up at the center or home delivery. Drive up food delivery will be available (see schedule below).

Pick-up Locations
Meals on Wheels Pick Up locations are open from 11am-1pm at the Senior Center Monday through Friday and are available to Seniors ages 60 and over for a suggested donation of $3 per meal. Meals packages consist of seven frozen meals, snacks, fruits, veggies and milk.

If you are a Senior who does not drive or cannot come in person, a family member or neighbor can pick up for you

Douglas County Senior Center – Monday - Friday
1329 Waterloo Lane, Gardnerville

North County - Wednesdays
3394 James Lee Park

Topaz Ranch Estates Community Center - Thursdays.
1311 Carter Drive, Wellington

For more information, please call 775-782-5500 ext. 1

Homemaker Services
The Homemakers will be calling their current clients and Meals-on-Wheels clients for daily contact. During this time, the Homemakers will not be entering any home for cleaning; however, they are available to pick up food from the food closet, shop, and delivery supplies as needed.
For more information, please call 775-782-5500 ext. 1
WE WOULD LOVE TO TALK TO YOU TODAY!

For those of you who are feeling alone and isolated, we want you to know that we know what you are going through and we would love to chat with you.

Give us a call, tell us how you are feeling, tell us your concerns and let one of our friendly staff bring a smile to your face today!

Tell us about your family, your pets, or your hobbies, we would love to hear from you. Just call to say hello and tell us how you are doing!

We can’t wait to hear from you!

775-782-5500 Ext. 1

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Special Store Hours
For Seniors and Vulnerable Populations

**Target on Topsy**
Wednesdays 8:00am-9:00am is dedicated for vulnerable guests.

**Smith’s Food and Drug**
Mondays, Wednesdays, and Fridays from 7am-8am are solely dedicated to senior citizens.

**Raley’s in Gardnerville**
Is creating “Essential Bags” for seniors and at-risk customers. Raley’s team members will create the bags each night and have them at the front of the store each morning at 7:00am. Bags are $20.

**Costco**
Costco will open its doors for members 60 years and older every Tuesday and Thursday from 8am-9am. The Pharmacy will also be open.

**Dollar General**

The first hour of every business day is dedicated to senior shoppers.
Take action! Speak up. Reach out.

CALL 911 IF IN DOUBT

Do you have the means to do it?
Have you thought about how you would do it?
Are you thinking about suicide?
Are you thinking about hurtful or suicidal thoughts?
Are you thinking about dying?
Are you ever feel like just killing self?
Be serious, but ask direct questions, such as:

danger of acting on suicidal feelings.

These signs may mean someone is at risk for suicide.

If you or someone you know is in immediate danger because of thoughts of suicide:

Immediate danger because of thoughts of suicide:

When it hurts to live.

When to do when someone is suicidal:

Giving things away, such as prized possessions

Overly expressing: setting one’s affairs in order

Withdrawing from people or activities

Loss or interest in things one cared about

Supportive friends or family

Prodigal or excessive mood swings

Teammates, or being a burden to others

Sleeping too little or too much

Teasing

Activities or actions of suicidal nature

Increasing use of alcohol or drugs

Taking steps to end a burden on others

Unexplained pain or fever

Reason to lie

Took steps to end hope of having no reason to live

Fearing or expressing hope of dying using a gun

Seeking out or acting strangely

Looking for a way to kill oneself

Talking about wanting to die or killing oneself

Even without change.

Increased and if it seems related to a particular issue; like grief, loss, or a change.

These signs may mean someone is at risk for suicide.
What's Going on in the Building:

A special thank you to the kitchen staff who have been working long hours in cooking and preparing frozen meals for the Meals-on-Wheels program.

An average of 500 meals a day have been prepared as well as salad bags and snacks. Meals-on-Wheels Pick-up has given an average of 105 meals per day at the Community and Senior Center location, 294 at Topaz Ranch Estates Community Center and 238 at North County, James Lee Park. Frozen meals are available to all seniors age 60 and over for a suggested donation of $3 per meal. If you or someone you know is in need of meals please call 782-5500 ext. 1.

We have AMAZING staff! Thank you all!

While the building is closed we want you to know that we are working hard, from a safe distance of each other, to make sure the building is deep cleaned and sanitized! On any given day there is a staff member cleaning, packing meals, handing out frozen and answering phone calls. The carpets are getting deep cleaned as well as every item top to bottom inside the building. DART buses are being sanitized after each transport. Homemakers are making daily phone calls to check in on our homebound seniors. The preschool has been closed and sanitized. And don’t you worry, we even saw Frank masked up and feeding our fish! Admin staff are working hard to make sure that we have a safe and smooth transition when we get to open back up. We miss you all and can’t wait to celebrate when the building opens and we get to see you all again!

We MISS YOU
DOUGLAS COUNTY SOCIAL SERVICES RESOURCE LIST

Access to Healthcare Network
Adult Protective Services
Aging Services
Alzheimer’s Association
Austin’s House (Youth Emerg. Housing)
Boys & Girls Club of Carson Valley
Cancer Resource Center
Care Chest of Sierra Nevada
Carson City Health & Human Services
Carson City Senior Center
Carson Valley Adult Day Club
Carson Valley Community Food Closet
CASA
Child Protective Services
Child Support
Children’s Cabinet
City of Refuge
Consumer Credit Counseling
Consumer Health Assistance
DART Transportation
Douglas Counseling & Supportive Services
Energy Assistance Program
Family Support Council
F.I.S.H.
Good neighbor Program
Job Connect
Job Opportunities in NV (JOIN)
Medicaid Transportation
Medicare
Money Management International
Mobile Outreach Safety Team (MOST)
NV Legal Services
NV Rural Housing Authority
NV State Health Inspections
NV State Welfare
NV Vocational Rehabilitation
Ron Wood Family Resource Center
Salvation Army
Senior Center, Douglas County
Social Security Administration
Suicide Prevention of Douglas County
Suicide Prevention Crisis Call Line
Tahoe Youth & Family Services
Tahoe Youth & Family Crisis Line
Veteran’s Affairs (Department of)
Veteran’s Resource Center
Victims of Violent Crimes
Volunteer Attorneys for Rural NV (VARN)
Washoe Tribe – Native TANF
Welcome All Veterans (WAVE)
Women, Infants, Children (WIC)

www.accesstohealthcare.org
445 Apple St., Suite 104, Reno       Reports: 888.729.0571
3416 Goni Rd., Bldg. D, #132, Carson City
Northern NV Chapter Helpline
https://austinshousenv.org/
Pau-Wa-Lu Middle School, 701 Long Valley Rd.
1535 Medical Pkwy., Carson City, NV 89703
7910 N. Virginia St., Reno NV 89506
900 E. Long St., Carson City NV 89706
911 Beverly Dr., Carson City NV 89706
1329 Waterloo Lane, Gardnerville  (ext. 9)
1255 Waterloo Lane, Gardnerville

2533 N. Carson St., Ste. 100, Carson City
300 E. 2nd St., Ste. 1200, Reno NV 89501
2527 N. Carson St., Ste. 255, Carson City
Resources for Pregnant Women

555 E. Washington Ave., Las Vegas, NV
Call for a schedule or to arrange for pick-up
1528 Hwy 395 N., Ste. 100, Gardnerville
2527 N. Carson St., Ste. 260, Carson City
1255 Waterloo Ln., Unit A
1561 Hwy 395, Minden
Douglas County Sherriff
1929 N. Carson St., Carson City
716 N. Carson St., Ste. 108, Carson City
7am to 5pm Monday – Friday

www.medicare.gov
800.633.4227
Moneymangement.org
866.515.2227
Mental Health Awareness & Assistance
775.782.5126
299 Arlington St., Reno NV 89509
3695 Desatoya Dr., Carson City
775.887.1795
Carson City
775.684.1030
2533 N. Carson St., #200, Carson City
1929 N. Carson St., Carson City
775.684.0425
212 E. Winnie Ln., Carson City NV 89706
661 Colorado, Carson City
775.887.9120
1329 Waterloo Ln., Gardnerville
1170 Harvard Way, Reno NV 89502
800.772.1213
775.783.1510
800.992.5757
1512 Hwy 395 N., Ste. 3, Gardnerville
775.782.4202
800.870.8937
800.827.1000
5460 Reno Corporate Dr., Reno 89511
305 N. Carson St., Carson City
775.360.2155
4600 Kietzke Ln., Bldg. D, Ste. 135, Reno
775.688.2900
904 N. Nevada St., Carson City
775.883.8278
1559 Watasheamu, Gardnerville NV 89410
775.265.4382
775.843.7490
1524 Hwy 395, Ste. 8, Gardnerville NV 89410
775.283.4772
Low Income Housing

HUD – Rural Housing
Clock Tower Apartments
Crestmore Apartments
Highland Manor
Kingsbury Manor
Lake Vista/Meadowbrook Apts.
Mahogany Court Apartments
Parkway Vista Senior Community
Rancho Vista Apartments
Summit Crest Apartments

3695 Desatoya Dr., Carson City 775.887.1795
806 Tillman Lane, Gardnerville 775.782.9797
1330 Stodick Pkwy., Gardnerville 775.782.8108
3501 Vista Grande Blvd. (Indian Hills) 775.267.3319
1770 Pinewood Dr., Minden (Manager #10) 775.782.8877
129 Market Street, Stateline NV 775.586.1663
894 Mahogany Dr., Minden 775.782.9772
1330 Crestmore Dr., Gardnerville 775.782.2147
1386 Village Way, Gardnerville 775.782.2752
921 Mica Dr., Carson City (Indian Hills) 775.267.2268

Tenant/Renters Rights


Medical & Dental

Absolute Dental
Cash Clinical (Low Cost Labwork)
Douglas County Community Health
Healthy Smiles
In Jesus Name Medical Ministry
Minden Family Medicine
Ross Clinic
Sierra Family Health Center
Topaz Ranch Medical Clinic
TMCC Dental Hygiene Program
VA Carson Valley Clinic
Washoe Tribal Health Center

Topsy Lane, Carson City 775.884.4888
2310 Carson St., Ste. 7A, Carson City 775.883.4000
1329 Waterloo Lane, Gardnerville NV 89410 775.782.9038
120 Bovard St., Yerinton 775.463.1800
https://www.injesusnamefreeclinic.org/index.html 775.782.1073
1649 Lucerne St., Minden NV 89423 775.782.1603
Please call FISH 775.882.3474
3325 Research Way, Carson City NV 89706 775.887.5140
3919 Carter Dr. Wellington, NV 775.783.3096
7000 Dandini Blvd., Reno 775.673.8247
1330 Waterloo Ln., #101, Gardnerville 775.328.1453
1559 Watasheamu, Gardnerville 775.265.4215

Prescription Assistance Programs

www.needymeds.org
www.NYseniorrx.nv.gov
www.RXHelp4NV.org
Restaurants Available for Take Out or Delivery

A Slice of Heaven Pizzeria
811 Short Ct. Unit E Gardnerville NV 89460
(775) 392-3851
Open for Take Out & Delivery

American Ni Sushi
1657 Lucerne St, Minden NV 89423
(775) 783-1112
Open Take Out & Delivery & Free Delivery for Seniors 11am-8pm

Battle Born Wine
1448 US-395, Gardnerville NV 89410
(775) 782-7684
Offering Curbside Service

Bella Vita Bistro
1304 S Stewart St, Carson City NV 89701
(775) 515-4300
Curbside Pickup & Deliveries

Bently Ranch Butcher Shop
1350 Buckeye Rd., Minden NV 89423
(775) 782-6328
Offering Curbside Service

Blind Dog Coffee
1276 Pit Rd., Suite 8, Gardnerville NV 89460
(775) 265-2176
15% off for shipping & Pickup by Appt Only

Carson Valley Country Club Restaurant
1029 Riverview Dr., Gardnerville, NV 89460
(775) 265-3715
To Go Menu offered w/daily specials

Chocolate Shoppe
1363 US Hwy 395 N., #7 Gardnerville NV 89410
(775) 267-1002
Open for pick-up and online ordering available

CoCoMoes Q and Catering
795 Tillman Lane, Gardnerville NV 89460
(775) 392-0404
Open on 3/20 Friday 11-7 for Drive Thru Only

Coffee on Main
1572 US Hwy 395 N., Minden NV 89423
(775) 782-8090
Open for Drive Through

Cook'D
1644 US Hwy 395 N., Minden NV 89423
(775) 392-4000
Offering To-Go Pickup Service

Domino's Pizza
1645 US Hwy 395 N., Minden, NV 89423
(775) 392-4343
Open for delivery & Curbside

DST Coffee
1411 Main St. #4212 Gardnerville NV 89410
(775) 392-4455
To Go Orders Only
El Agaveno
1776 US Hwy 395 N. Minden NV 89423
(775) 392-4136
To-Go & Pickup Service

Francisco's Mexian
1588 US Hwy 395 N. Minden NV 89423
(775) 782-6496
Open for Pickup

Jack in 'the Box
1345 US Hwy 395 N., Gardnerville NV 89410
(775) 360-2609
Drive Thru Open

Jethro's Bar & Grill
1281 Kimmerling Rd., Gardnerville NV 89460
(775) 265-2215
Open for carry out, curb side To-go and delivery through DoorDash, Grub Hub and Uber Eats from 11am-8pm.

JJ's Mexican Food
1532 US Hwy 395 N., Gardnerville NV 89410
(775) 783-6700
To Go and Curbside Only

Kentucky Fried Chicken
1338 US Hwy 395N. Gardnerville NV 89410
(775) 782-9684
Take out & Drive Up Open

Kristopher's Ristorante
1599 Esmeralda Ave. Minden NV 89423
(775) 267-4809
Curbside take out

Lake Tahoe AleWorX
31 US-50 #105, Stateline, NV 89449
(775) 580-6168
Curbside & Deliveries

McDonalds
1666 US Hwy 395 N., Minden NV 89423
(775) 782-8822
Drive Thru Open

Minden Meat and Deli
1595 US Hwy 395 N., Minden NV 89423
(775) 783-9999
Curbside To-Go Pickup

Papa Murphy's
1363 US Hwy 395 N #10 Gardnerville NV 89410
Business As Usual Watching Social Distancing

Philadelphia Seafood
1281 Kimmerling Rd., Gardnerville NV 89460
(775) 392-3370
Offering take out only (May offer local deliveries but not yet)

Pho Chopstix
1329 US Hwy 395 N. #8, Gardnerville NV 89410
(775) 783-8888
Pick up & to go orders
Pizza Hutt
1362 US Hwy 395 N, Suite 101 Gardnerville NV 89140
(775) 782-8167

Port of Subs
1329 US Hwy 395 N. #9, Gardnerville NV 89410
(775) 782-9505

Round Table Pizza
1327 US Hwy 395 N., Gardnerville NV 89410
(775) 783-9777

Saku Sushi
1352 US Hwy 395 N., #112 Gardnerville NV 89410
(775) 782-3302

Sierra Chef
2292 Main Street in Genoa
775.392.4417
Events@SierraChef.com

Sonic Drive-In
1652 US Hwy 395 N., Minden NV 89423

Starbucks Coffee Company
1734 US Hwy 395 N., Minden NV 89423
(775) 783-9348

1327 US Hwy 395 N, A Gardnerville NV 89410
(775) 783-0831

Subway
1680 US Hwy 395 N. Minden NV 89423
(775) 783-8050

1328 US Hwy 395 N., Suite 101 Gardnerville NV 89410
(775) 783-7260

Super Burrito
1670 US Hwy 395N. Minden NV 89423
(775) 783-8431

Taco Bell
1343 Hwy 395 N. Gardnerville NV 89410
(775) 782-2404

Pick up & Deliveries

Open for Online orders & Delivery

Curbside pick-up and delivery

Open for To-Go, Curbside Pickup & delivery within 5 miles. Hours T-Fri 12pm-7pm Sat/Sun 4pm-7pm
Send an email to Events@SierraChef.com and we will send you back the Gourmet To-Go form which has our current menu (you can always add ala carte items). It also has a credit card form for the order and any future orders. We will bring your order out to your car.

Drive Thru Open

Drive Thru Open & Grab-N-Go pickup

Open Take Out & Delivery

Drive Thru Open

Drive Thru Open and delivery available through Grubhub.com
Taildragger Café  
1150 Airport Road Minden NV 89423  
(775) 782-9500

The Fox & Hound Brewpub  
310 S. Carson St.  
Carson City, NV  
(775) 883-1369

Curbside service and reduced hours Offering Breakfast & Lunch ALL Day

Delivery, curbside & to go!!!  
call the fox @ 775-883-1369  
hours 11am to 7pm (for now)  
we sell beer & wine to go!  
bring your growler for a refill or any sealable container and we will fill it! (64oz LIMIT)

The Grill Next Door  
1302 Langley Dr. Gardnerville NV 89460  
(775) 265-8841

Open for Take-out &Curbside pickup & Free local Delivery

The Human Bean  
1652 US Hwy 395 Minden NV 89423  
(775) 392-4578

Curbside pickup open-reduced hours  
5am-5pm

The Pink House, Inc.  
193 Genoa Lane Genoa NV 89411  
(775) 392-4279

Grab & Go Sandwiches & Dinner To-Go Pickup

Wild Horse Bar & Grill  
1679 US Hwy 395 N. Minden NV 89423  
(775) 782-7208

To Go Orders Only

Woodett’s Diner  
1492 US Hwy 395 #101 Gardnerville NV 89410  
(775) 782-0351

Open for To-Go Orders

Yogurt Beach  
1330 Waterloo Ln. #102 Gardnerville NV  
(775) 782-4956

Grab & Go Only
The Rules of Sudoku

While solving Sudoku puzzles can be significant challenge, the rules for traditional solution finding are quite straightforward:

1. Each row, column, and nonet can contain each number (typically 1 to 9) exactly once.
2. The sum of all numbers in any nonet, row, or column must match the small number printed in its corner. For traditional Sudoku puzzles featuring the numbers 1 to 9, this sum is equal to 45.
COVID-19 HOTLINE

QUESTIONS OR CONCERNS ABOUT COVID-19

The hotline will service Carson City, Douglas, Lyon, and Storey County.

Call us (775) 283-4789 or visit GethealthyCarsonCity.org

If you are experiencing symptoms, please contact your healthcare provider BY PHONE first. If your healthcare provider is unable to assist you please contact the hotline.

Carson City Health and Human Services opened a public hotline devoted to keeping the community up-to-date and informed about COVID-19.

The hotline is (775) 283-4789, and staffed Sunday-Saturday, 8 a.m. to 4:30 p.m., to answer all non-emergency questions related to COVID-19. Remember, 9-1-1 is for life threatening emergencies only!
What every American and community can do now to decrease the spread of the coronavirus:

- Consider providing additional protections for household members over 65.
- Have only one family member care for them.
- Give sick members their own room if possible, and keep the door closed.

Households with sick family members:

- Ensure all utensils and surfaces are cleaned regularly.
- If possible, provide a protected space for vulnerable household members.
- If a person, such as by feeding or caring for the person, has recently been in contact with the person with underlying conditions, wear a mask and wash hands frequently before interacting with the person.
- Have healthy people in the household conduct themselves as if they were a significant risk to the person and conditions that suppress the immune system and conditions that suppress the immune system. Include heart, lung, kidney disease, diabetes.

Households with vulnerable seniors or those with significant underlying conditions:

- Increase ventilation by opening windows or adjusting air conditioning.
- Disinfect surfaces like doorknobs, tables, and handles regularly.
- Create habits and reminders to avoid touching their face and cover coughs and sneezes.
- Clean hands at the door and at regular intervals.

All households:

- Encourage your family members to keep the home safe.
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

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

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19
What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic.

Have there been cases of COVID-19 in the U.S.?


How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:
- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- 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.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don’t go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: www.cdc.gov/COVID19