

## 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.

## How can I help protect myself?



Avoid close contact with people who are sick.



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



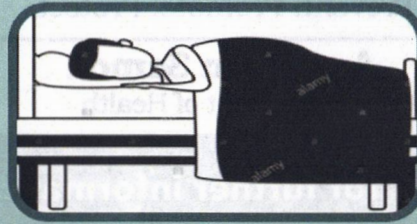
Wash your hands often with soap and water for at least 20 seconds.



Or use an alcohol-based hand sanitizer.

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 in the trash.



Clean and disinfect frequently.



## Signs and Symptoms

1

Fever



2

Cough



3

Breathing difficulties



Seek medical advice if you:

-Develop symptoms above.

-Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19



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

- There may be restrictions on your movements for up to 2 weeks if you have traveled from an affected area.
- Seek medical advice if you develop symptoms during that period such as fever, cough, or trouble breathing.
- Call the DOH Hotline or LBJ Hospital ER (684-633-1222), and tell them if you have 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.



**Public Health**  
Prevent. Promote. Protect.

**American Samoa**  
Department of Health

### Call us for further information:

(684) 633-5871

(684) 633-5872

**EMAIL:**  
[measles@doh.as](mailto:measles@doh.as) or [dohcp@doh.as](mailto:dohcp@doh.as)

<https://www.facebook.com/asdoh.hotline>

**Visit Tafuna Community Health Center if you need a medical clearance.**

#### Opening hours:

Mon, Wed, Friday. 7:30am - 4:00pm

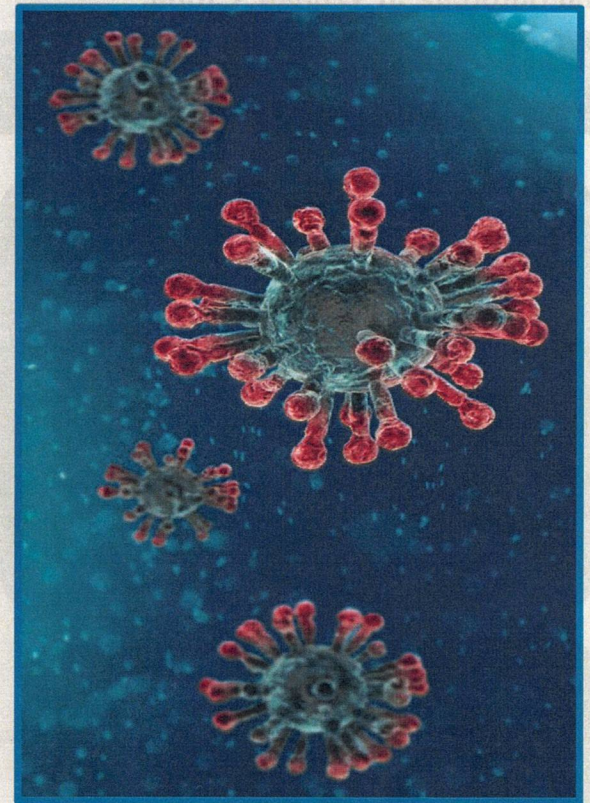
Tuesday, Thursday 7:30am - 8:00pm

**Telephone: (684) 699-6380**



## CORONAVIRUS

### What you need to know...



to protect you  
and your loved  
ones.