Do you know that it can take 2 to 14 days before a person shows any sign or symptoms that they have the COVID-19 virus?

During that time, you or your friend could have seen many people, touched your face and other surfaces and objects—which means the virus has had lots of opportunity to spread, even before anyone knows they have it.

Do you know that when we talk and breath tiny droplets (like a mist) come out of our mouth, and if we are sick, this can pass to the person we are close to?

Do you know the power of a cough or sneeze?

Sneezes can travel as high as 100 miles per hour and send as many as 100,000 droplets into the air.

Coughs can travel as fast as 50 miles per hour and expel almost 3000 droplets into the air.

Unfortunately, our body tries to get rid of germs in a violent way, (by coughing and sneezing) and this means spreading germs in a rather large spray of saliva, mucus, irritants and viruses (which can live on surfaces for a long time). Yikes!

**WHAT CAN YOU DO?** Stay home to prevent catching this virus or passing it to someone else, wash your hands a lot, don’t touch your face, cough or sneeze into your arm or Kleenex. Throw your Kleenex away and then wash your hands immediately. If you are around other people, stay at least 6 feet apart.