As the coronavirus spreads in countries around the world and in the United States, it's important that we all have current information about how to protect ourselves and our families from infection.

COVID-19 is a new disease and **we are still learning how it spreads**, the severity of illness it causes, and to what extent it may spread in the United States.

What is Coronavirus?
A virus that can cause a respiratory disease called COVID-19 in people who are exposed to it.

What are the symptoms of coronavirus/COVID-19 and how does it spread?
According to the Centers for Disease Control (CDC), the symptoms can include: fever (100.4°F/38°C or higher), cough and shortness of breath. The virus is thought to spread mainly from person-to-person 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 and from contact with infected surfaces or objects. It 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.

What do you do if you develop these symptoms?
The CDC recommends that you call your healthcare professional if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you have recently traveled from an area with widespread or ongoing community spread of COVID-19.

The links below will help to keep you informed.

CDC | What You Should Know | WHO Q&A | WP Live Updates

Coping with stress | Helping children cope with stress

Congregation Or Hadash
Illuminating the Light from Within