What you need to know about COVID-19

Baltimoreans just like you are already taking steps to protect one another—you should too! By not following the recommended precautions, you are choosing to spread germs. This is a rapidly changing situation, and this information is current as of March 13, 2020. Please check health.baltimorecity.gov for the most up-to-date information.

What is COVID-19?
Coronavirus Disease 2019 (COVID-19) is a new respiratory disease that can spread from person-to-person. It was first identified in China and has spread to other countries, including the United States.

What are the symptoms of COVID-19?
- Cough
- Fever greater than 100.4°F
- Shortness of breath

How can I get COVID-19?
- Traveling to an area or country with a large number of confirmed COVID-19 cases
- A sick person coughing or sneezing on you
- Close personal contact, such as touching or shaking hands with a sick person

How can I protect myself & my family?
- Wash your hands often with soap and water, or use alcohol-based hand sanitizer
- When coughing or sneezing, cover your mouth & nose with a tissue and throw it away
- Avoid touching your eyes, nose, or mouth
- Avoid close contact with people who are sick

Older adults (60 years and up) and all those with underlying health conditions including heart disease, diabetes, and lung disease should:
- Avoid people who are sick
- Wash hands often
- Avoid crowds
- Avoid non-essential travel, such as long plane trips, and especially avoid cruise ships
- Stock up on medication

What do I do if I think I have COVID-19?
- If you're feeling ill, stay home and call your doctor's office
- If you're having trouble breathing, have chest pain, or other emergency symptoms, go to the emergency room. Only go to the emergency room if your symptoms are severe
- Always call ahead to your healthcare provider to tell them of your symptoms

Questions?
Visit health.baltimorecity.gov
Need to find a healthcare provider? Call 211 and ask for a list of local clinics

Baltimore City Health Department
1001 E. Fayette Street
Baltimore, Maryland 21202
Bernard C. "Jack" Young, Mayor
Letitia Dzirasa, M.D., Commissioner of Health