The virus usually spreads from close person-to-person contact through respiratory droplets from coughing and sneezing.

Symptoms typically develop within 14 days of exposure.

**Symptoms of COVID-19 include:**

- Shortness of Breath, Loss of Taste or Smell
- New Cough
- Sore Throat
- Fever, Chills & Feeling Unwell
- Head, Body & Muscle Aches

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

**When to Seek Medical Care:**

Call 911 if you have a medical emergency. Call your doctor to review symptoms that are concerning to you or if you have had close contact with someone diagnosed with COVID-19. If you are diagnosed with COVID-19, call the Weston Board of Health at (781) 786-5030.

**The Best Ways to Stay Safe:**

- Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren’t available.
- Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Practice physical distancing: Stay six feet away from those not living in your home.
- Stay home when you are sick, and call your doctor.
- Clean and disinfect surfaces and objects people frequently touch, like door knobs, cell phones, and computers.
- Wear a mask or face covering in public when social distancing is impossible.
- Protect your mental health: Spend time offline, challenge yourself to stay in the moment.
- Stay connected with friends and family at a safe distance.

**Resources:**

- Local Information: Weston.org
- National Suicide Prevention Lifeline: 1-800-273-TALK
- For Information by Phone Dial: 2-1-1
- Emergency Alerts: Mass.gov
- Symptom Checker: CDC.gov