

Chronic Diseases Prevention

The following information is intended to help you understand a variety of important factors that may influence your health.

For more information on chronic diseases and lifestyle changes that can help you reduce your risk, visit www.cdc.gov/diseases/prevention or contact your doctor or pharmacist for additional advice regarding prevention of chronic diseases.

In the event of an illness caused by this virus, it may be that you are not a high risk.

The virus can be spread from one person to another through contact with respiratory secretions, such as coughs and sneezes, or through contact with surfaces that have been touched by someone who is infected.

A person is more likely to become infected if they have a weakened immune system.

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