

CORONAVIRUS



WHAT TO KNOW (COVID-19)

PREPARE



Know the Signs and Symptoms -

Know the signs and symptoms and what to do if you start to show symptoms.

- Stay home when sick
- Call your health care provider for testing and/or treatment if you have risk factors



Take Steps for those at Higher Risk -

Know what additional measures those at higher risk and who are vulnerable should take. (Visit the CDC website for more information.)



Protect Yourself and Family -

Use precautions to prevent spread, including staying home and away from others (including people you live with who are not sick) if you have respiratory symptoms.

When you have a respiratory virus you can go back to your normal activities when, for at least 24 hours, both are true:

Your symptoms are getting better overall, and you have not had a fever (and are not using fever-reducing medication).

When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors.

Seek Help If -

Seek health care promptly for testing and/or treatment if you have risk factors for severe illness. Treatment may help lower your risk of severe illness, but it needs to be started within a few days of when your symptoms begin.



PREVENT & PROTECT

Stay Informed - CDC updates it's website daily, so check back often to stay informed on the latest information and advice.

Take Preventative Action - Taking everyday precautions is recommended to help reduce the spread of respiratory diseases.

- Practice good hygiene and cleanliness
- Take steps for cleaner air (bring in fresh air - open windows and doors)
- Use a portable air (HEPA) cleaner.
- Have activities outside, where airflow is best

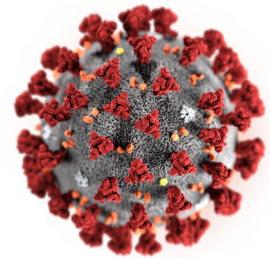
IF YOU GET SICK

Stay at Home - Stay home when sick.

Call your Doctor - Call your health care for testing and/or treatment if you have risk factors.

SYMPTOMS - Possible symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- Congestion or runny nose
- New loss of taste or smell
- Fatigue
- Muscle or body aches
- Headache
- Nausea or vomiting
- Diarrhea



TREATMENT

Treatment - Most people with COVID-19 have mild illness and can recover at home. You can treat symptoms with over-the-counter medicines, such as acetaminophen or ibuprofen, to help feel better.

FDA has authorized or approved several antiviral medications used to treat mild to moderate COVID-19 in people who are more likely to get very sick.

SOURCE: CDC. "(COVID-19)." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 2024, <https://www.cdc.gov/covid/index.html>.