

COVID-19 FACT Sheet

Pay close attention to potential symptoms of COVID-19, including:

- Fever
- Cough
- Shortness of breath

If you feel like you are developing symptoms, stay home and call your doctor. Tell your provider that you have or may have COVID-19. They will assist you with getting care without getting others infected.

If you develop emergency warning signs for COVID-19 *get medical attention immediately*. In adults, emergency warning signs*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

**This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.*

For those with greater vulnerability to contracting COVID-19:

If you are among those at higher risk, including older adults; people with chronic medical conditions, such as heart disease, lung disease, and diabetes; and people with weaker immune systems, including women who are pregnant, the CDC recommends that you:

- Stay at home as much as possible.
- Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time. CDC has great resources to help you plan.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
 - Wash your hands often with soap and water for **at least 20 seconds** especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
 - If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid crowds, especially in poorly ventilated spaces.
- Stay up to date on CDC Travel Health Notices.
- Plan now for what you will do if you, or people you rely on for support, become ill.

Facemask use and guidelines:

- **If you are sick:** You should wear a facemask when you are around other people (for example, sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.