

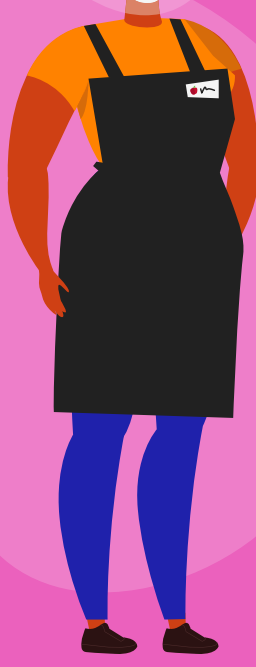
Get the facts about the coronavirus

Based on CDC guidelines

What is the coronavirus?

The coronavirus causes COVID-19, a highly contagious disease that is affecting all of our communities, especially communities of color.

Who's most at risk?



- People with medical conditions like asthma, high blood pressure, diabetes and heart disease, which weaken the immune system
- Anyone age 60 or older
- Those who need to leave their homes to go to work
- Large or extended families who live together
- People in highly populated areas

How does the coronavirus spread?

- A person can be infected and contagious even if they don't show symptoms.
- An infected person can spread it when they cough or sneeze.
- You can also get it by touching an object with the virus on it, then touching your face.



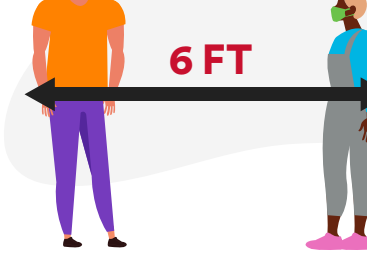
How can I keep myself safe?



Stay at home when possible.



Wash your hands often for at least 20 seconds.



Stay six feet apart.



Don't touch your face.

What if I need to go out?



- Wear a cloth mask whenever possible to stop the spread.
- Wash your hands for at least 20 seconds and change your clothes as soon as you come home.
- If using public transportation, stay six feet from other passengers and avoid touching surfaces.
- Limit errands to one or two people in your house.

What if I feel overwhelmed?

It's normal to feel sad, stressed, scared or anxious right now. Try to take a few minutes each day to do something for yourself—and reach out to a family member or friend if you need to talk.

Self-care helps strengthen your immune system and relieve anxiety. Make sure you're:



Exercising



Eating healthy meals



Getting enough sleep



Releasing stress

How can I protect my elderly and at-risk relatives?

If your living situation makes it hard to keep your distance, you can help keep loved ones safe by:



- Wearing a cloth mask around them
- Coughing and sneezing into your elbow
- Not sharing food, drinks or utensils
- Not hugging or kissing them
- Cleaning and disinfecting surfaces often

What are the symptoms of COVID-19?

Symptoms usually appear one to 14 days after exposure. Watch out for:



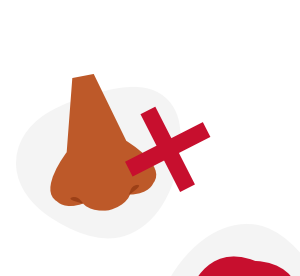
Cough



High fever



Shortness of breath

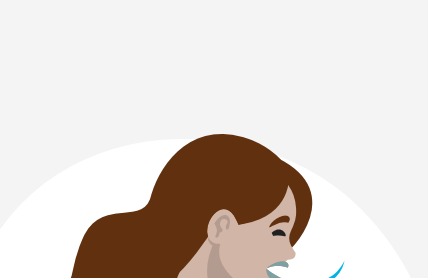


Loss of smell or taste



Sore throat

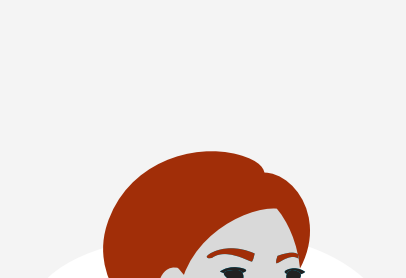
If you have any of these emergency warning signs get medical attention immediately:



Extreme trouble breathing



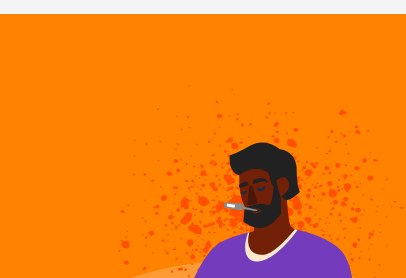
Pain or pressure in the chest that doesn't go away



Bluish lips or grayish face

If you start to feel sick:

- Call your doctor or local health department.
- Stay at home and away from others as much as possible.
- Keep track of your symptoms in case they get worse.



It's your right to get tested and receive medical care for the coronavirus.

Testing sites will not report your background or immigration status to the authorities. If you do test positive, there are ways to receive care even without health insurance or the ability to pay.

For more great tips and information about the coronavirus, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus). You can also contact your local or state health department.

Sources:
[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
[unidosus.org/issues/health/articles/coronavirus-eng](https://www.unidosus.org/issues/health/articles/coronavirus-eng)
[lulac.org/covid19/](https://www.lulac.org/covid19/)