

COVID-19 Information and Resources:

All information taken from the U.S. Centers for Disease Control

www.cdc.gov

What is COVID-19?

COVID-19 is a disease caused by the virus known as SARS-CoV-2. It is a new virus that emerged in 2019. Many people who get COVID-19 experience mild symptoms, but some people can become severely ill and die. Most people with COVID-19 recover within several weeks of illness, however some people experience post-COVID conditions which are new, returning, or ongoing health problems that persist 4 weeks or longer after their initial infection.

What are the symptoms of COVID-19?

A wide-range of symptoms are associated with COVID-19 and can range from mild to severe. Symptoms may appear 2-14 days after exposure to the virus.

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

How does COVID-19 spread?

COVID-19 is thought to spread via close-contact (within 6 feet) between people through respiratory droplets. These droplets are spread through coughing and sneezing, in addition to breathing and talking. Asymptomatic (people who do not appear sick) can still infect others. We are still learning how exactly the virus spreads.

What do I do if I think I have COVID-19?

- Stay home except to get medical care or testing
- Alert close contacts if you test positive so they can quarantine and get tested
- Use a separate room and bathroom from healthy household members if possible
- You should isolate to prevent infecting others if you are positive

- Wash your hands often using soap and water for at least 20 seconds
- Wear a mask
- If you think you may have COVID-19, you should assume you are positive until you receive a negative test.

How do they test for COVID-19?

Viral tests tell you if you have a current infection and generally are swabs of your nasal passages or saliva-based tests

Antibody (serology) tests may tell you if you had a past infection and use blood samples

How can I prevent getting COVID-19?

- Wear a mask that covers your mouth and nose
- Stay 6 feet apart from those who don't live with you
- Get a COVID-19 vaccine when available
- Avoid crowds and poorly ventilated indoor spaces
- Wash your hands often with soap and water and use hand sanitizer if soap and water are unavailable.

Is there a treatment for COVID-19?

There is **NO** cure for COVID-19 however, healthcare providers may recommend the following to relieve symptoms and support your body:

- Medications for reduction of fever (ibuprofen or acetaminophen)
- Drinking water or receiving intravenous (IV) fluids to stay hydrated
- Getting plenty of rest

If someone is showing EMERGENCY WARNING SIGNS, get medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Is there a vaccine for COVID-19?

Yes! Vaccines are **SAFE** and **EFFECTIVE** and **REDUCE RISK OF SEVERE ILLNESS**.

There are currently 3 vaccines that are authorized and recommended in the United States:

VACCINES AUTHORIZED IN THE UNITED STATES:

Vaccine Brand	Who can get this?	How many shots? How far apart?	When are you fully vaccinated?
Moderna	18 years and older	2 shots 4 weeks (28 days) apart	2 weeks post-second shot
Pfizer-BioNTech	12 years and older	2 shots 3 weeks (21 days) apart	2 weeks post-second shot
Johnson & Johnson / Janssen	18 years and older	1 shot	2 weeks after your shot

If you have a history of severe allergic reactions or have a known allergy to vaccine ingredients you should discuss with your healthcare provider before being vaccinated.

Women younger than 50 years old should be aware of the risk of blood clots with low platelets after vaccination with the Johnson & Johnson / Janssen vaccine.

How do the vaccines for COVID-19 work?

Vaccines help our immune systems recognize the germs and viruses that could make us sick and prepare our bodies to fight them to prevent illness or lessen the severity of illness.

Vaccines provide a 'WANTED' poster to our bodies so that we can be on the lookout for the virus and respond if it shows up.

It typically takes a few weeks after vaccination for our immune systems to be fully prepared which explains why some people are able to get infected with a virus immediately before or after vaccination.

Vaccines DO NOT change our DNA and WILL NOT infect you or make you sick with COVID-19.

mRNA Vaccines (Moderna and Pfizer-BioNTech): These vaccines provide a blueprint (mRNA) to our immune system to make a non-infectious protein affiliated with COVID-19 before our bodies destroy the mRNA. This protein is then recognized by our body as something that should not be there and our immune system attacks and remembers this protein long term so if we are exposed to infectious COVID-19 later our body is prepared to fight.

Viral Vector Vaccines (Johnson & Johnson / Janssen): These vaccines use a modified version of a different (non-COVID-19) virus (the vector) to deliver instructions to our cells to make a non-infectious protein affiliated with COVID-19 which can then be displayed by our cells and recognized as foreign. This signals our immune system to attack and remember this protein long term so if we are exposed to infectious COVID-19 later our body is prepared to fight.

Do the COVID-19 vaccines have side-effects?

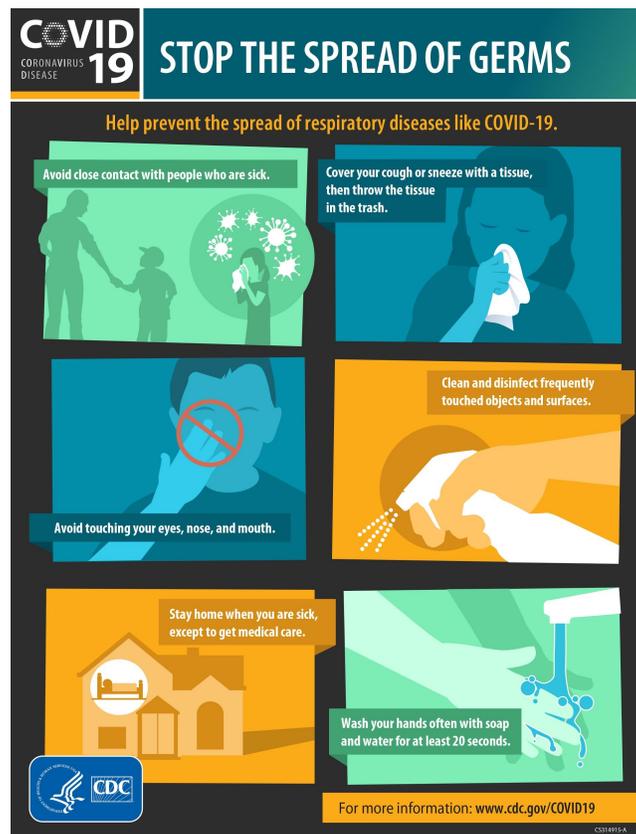
Common Side Effects:

- Pain in the arm where you got the shot
- Redness at the injection site
- Swelling at the injection site
- Fatigue
- Headache
- Muscle Pain
- Chills
- Fever
- Nausea

Side effects may be more intense following your second shot compared to your first.

Side effects are normal signs that your body is building protection and they should resolve within a few days.

USEFUL INFOGRAPHICS FROM CDC:



Help Protect Yourself and Others from COVID-19

Practice Social Distancing



Stay 6 feet (2 arm lengths) from other people.



And Wear a Mask



Be sure it covers your nose and mouth to help protect others. You could be infected and not have symptoms.

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An aerial illustration of a neighborhood. A purple house is highlighted with a circular callout. A school building is labeled "School". Various icons represent COVID-19 prevention measures: a person with a mask, hands being washed, people staying apart, and a crowd of people. A speech bubble from the house says "Bobby and his dad are protected when they stay home." Another speech bubble from the school says "They keep protecting themselves when they are outside of their house. Be like Bobby and his dad".

Bobby and his dad are protected when they stay home.

They keep protecting themselves when they are outside of their house. Be like Bobby and his dad

- stay 6 feet apart
- wash your hands
- wear a mask
- avoid crowds

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Choosing Safer Activities

Accessible link: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

	Unvaccinated People	Examples of Activities	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, wheelchair roll, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people, particularly in areas of substantial to high transmission	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

Get a COVID-19 vaccine



Prevention measures not needed

Take prevention measures

Wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.



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