

WHAT YOU NEED TO KNOW ABOUT COVID-19

What is COVID-19?

COVID-19 is a virus that can cause severe illness. Anyone can get the virus. Older adults and people with chronic health conditions are more likely to get very sick from the virus.

How does it spread?

The virus spreads mainly through close contact with someone who is infected. Respiratory droplets, created when an infected person coughs, sneezes, or talks, land in the mouths or noses of people who are nearby. People who are infected, but not showing symptoms, may be able to infect others. That is why it is important for people to get tested.

What are the symptoms?

Symptoms appear 2 to 14 days after you are exposed.

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

Emergency warning signs:

Trouble breathing

Constant pain or pressure in chest

Confusion or inability to wake up

Blue lips or face

If you develop these warning signs, call 911 for immediate medical help.

What should I do if I think I am sick?

If you have any symptoms, you should get tested at work or a test site near you. To find a test site or other help, dial 211 on a phone. Avoid contact with other people so they do not get sick.

HOW TO PROTECT YOURSELF



Wash your hands often with soap and water. If not available, use hand sanitizer.



Avoid contact with people who are sick. Stay home as much as possible.



Cover your mouth and nose with a tissue or elbow when coughing and sneezing.



Clean and disinfect frequently touched surfaces every day.



Wear a cloth face covering when you have to be around other people. Avoid touching your face.



Keep 6 feet of space between yourself and other people you don't live with.

LEARN MORE

Important information from the State of Michigan

<https://www.michigan.gov/coronavirus>

What to do if you are sick

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

How to stop the spread of germs

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>