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.

What are the symptoms?
Symptoms appear 2 to 14 days after you are exposed.

Common Symptoms:
- Fever
- Cough
- Shortness of breath

Additional Symptoms:
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

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 develop symptoms, you should call your doctor. If you do not have a doctor, you should call an urgent care. Avoid contact with other people in your home so they do not get sick.

HOW TO PROTECT YOURSELF

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

Get your COVID-19 vaccine. To find a site, dial 211 on a phone.

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. Avoid contact with people who are sick.

LEARN MORE

Important information from the State of Michigan
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

Michigan.gov/Coronavirus
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