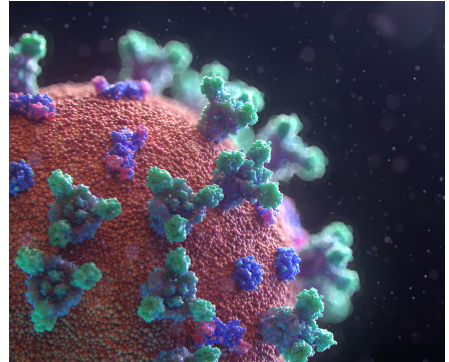


Important Things to Know About COVID-19 (Coronavirus)

It's important to protect yourself from COVID-19, also known as the coronavirus. A lot of people have gotten sick from this virus over the past year, so you should do whatever you can to stay safe.

What is a coronavirus? What is COVID-19?

A coronavirus is a type of germ. You can only see germs with a microscope, and they can make you sick. There are many kinds of coronavirus. COVID-19 is a sickness that is caused by a coronavirus. Many people call COVID-19 "the coronavirus." COVID-19 has made people all over the world very sick. COVID-19 can be much worse than colds or the flu.



How do people get COVID-19?

COVID-19 spreads from person to person. Coughing and sneezing can put germs in the air. When you breathe in those germs, you can get sick. You can also get COVID-19 by touching someone who has it. For example, if you shake hands with somebody who has COVID-19, the germs will go from their hands to yours.

How can I stay safe?

Here are some ways you can protect yourself from COVID-19.

- ▶ **Don't sit, stand, or lie too close to other people. Only go out if you really have to. This is called "social distancing."** The best way to do this is to stay home. You can go to the doctor, the grocery store, or the pharmacy. But don't go to restaurants, bars, parties, or the movies. If there are a lot of people in a space, it is easier for germs to spread.
- ▶ **Wear a mask over your nose and mouth.** Many stores, restaurants, and other places won't let you in if you are not wearing a mask. Also, make sure to use a clean mask when you go outside. Wash your mask after you are finished using it. Don't share masks with other people.
- ▶ **If you can, do your shopping online instead of going in person.**
- ▶ **Wash your hands before you eat, when you go to the bathroom, and after you sneeze or blow your nose.** Make sure you wash your hands for at least 20 seconds. If you can't wash your hands, use hand sanitizer.
- ▶ **It is easier to get sick if you're in a space with a lot of people.** Buses and trains have a lot of people on them. Stores have a lot of people in them.
- ▶ **Cover your nose when you sneeze.** Use a tissue if you can. After you sneeze, wash your hands or use hand sanitizer.
- ▶ **Cover your mouth when you cough.**



- **Cough and sneeze into your elbow.**

What happens to people when they get COVID-19?

- **Most people who get COVID-19 will have a fever.** If your temperature is higher than 100.4 degrees F, you have a fever.
- **Most people who get COVID-19 will have a cough.**
- **Some people will also have a hard time breathing.**
- **Some people can get very sick from COVID-19.** They can even die. More than 200,000 people have already died of COVID in the United States alone.
- Even if you feel all right, you can still have COVID anyway. Some people can catch the virus and not feel sick. ***They can still pass the coronavirus on to other people.***

There are some people who may feel worse from COVID-19. Older people are more likely to feel worse. So are people who already have health problems. Some of these health problems include **diabetes** (high blood sugar), **high blood pressure**, and **asthma** (trouble breathing). If you are older or have another health problem, it is especially important to keep yourself safe.

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

- **If you are having trouble breathing and have a fever, talk to your doctor.** Your doctor will talk to you about how you are feeling. Your doctor can find ways to help you.
- **You may be able to get tested for COVID-19 before you see a doctor.** Many pharmacies and hospitals have drive-in COVID-19 testing. Call to make sure.
- **Wear your mask indoors if you live with other people.** Masks make it harder for germs to spread to other people.
- **Stay away from other people as much as you can. This is very important!** If you aren't around other people very much, it's harder for them to catch COVID-19. If you are sick and spend a lot of time with other people, they could get sick, too. They could die.
- **Drink a lot of water. Get as much sleep as you can.**
- **Stay home!** It is important not to spread your germs.
- **Take painkillers** such as Tylenol.
- Your doctor may tell you to **quarantine** yourself. When you quarantine yourself, you stay inside and away from other people. Quarantining keeps other people from getting sick. This is because they can't pick up your germs. You should stay in quarantine for a two-week period. After two weeks' time, get in touch with your doctor for next steps.
- **Take cough and cold medicine.**



Important Words to Know

Asthma

Asthma is a sickness that makes it harder to breathe.

Coronavirus

A coronavirus is a kind of germ. Some people also refer to COVID-19 as “the coronavirus.”

COVID-19

COVID-19 is the name for a kind of coronavirus. It is a new sickness that is spreading all over the world.

Diabetes

Diabetes is a sickness that makes your blood sugar very high. When your blood sugar is very high, it is harder to get better when you are sick.

Germ

Germs are very small things that can make people and animals sick. Bacteria and viruses (like coronaviruses) are kinds of germs.

Social distancing is when you stay away from people to keep from getting sick. Some ways of social distancing include standing far away from other people, staying home, and going out only when you have to. Being far from other people makes it harder for germs to spread.

Quarantine is staying inside when you are sick. When you're in quarantine, you don't go out at all. This can keep other people from getting sick.

References

Administration for Community Living: <https://acl.gov/COVID-19>

Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html#Have-supplies-on-hand>

(This document was last edited on October 25, 2020.)