BETTERSAFE
WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

COVID-19
IMPORTANT RESOURCES & UPDATES

The COVID-19 crisis is rapidly changing and evolving. Here are some recent updates and key resources that may be helpful to you and your family. Please note that due to the ever-changing landscape of this virus and events surrounding it, some information may have changed by time of this publication.

WHAT IS COVID-19?

Everyone is aware of COVID-19, but do you know exactly what it is? COVID-19 is the new respiratory disease spreading around the world and it is caused by a coronavirus. COVID-19 is short for "coronavirus disease 2019."

Scientists are learning new things every day, but here are some key facts we know about the virus:

- » The virus is thought to spread mainly between people who are in close contact with one another (about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes.

- » People are most contagious when they are the sickest. But those who don't have a lot of symptoms can still pass the virus on to others.

- » There is currently no vaccine or cure for COVID-19 but researchers are working to find one.

WHAT ARE THE SYMPTOMS?

The most common symptoms are very similar to other viruses: fever, cough, and difficulty breathing.

Talk with your doctor if you have any concerns about your health.
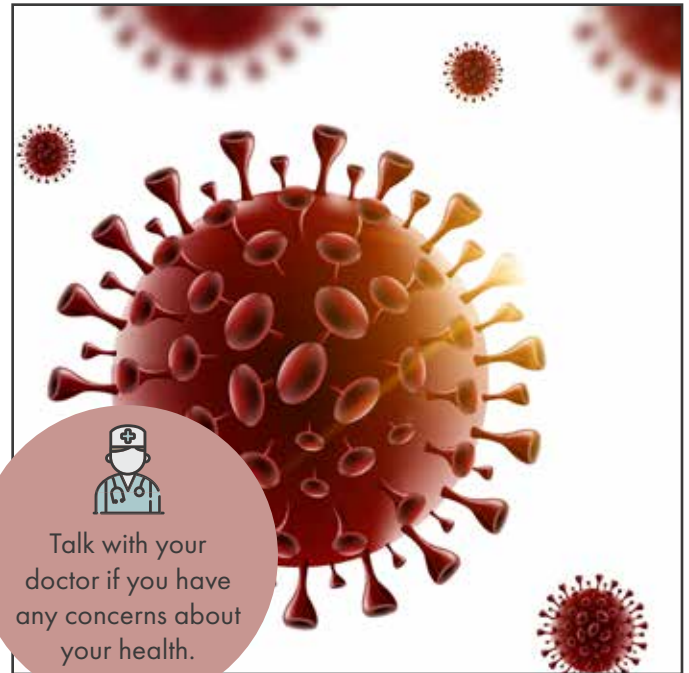
Common symptoms of COVID-19 are changing as more is learned about the disease. The CDC has recently listed additional symptoms:

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

Symptoms may appear 2 to 14 days after exposure and range from mild to severe illness.

WHO'S AT RISK?

Everyone is at risk of getting COVID-19, but some people are at a higher risk of serious illness. Generally speaking, adults aged 65 and older and people of any

age who have underlying medical conditions may be at higher risk for serious illness from COVID-19.

WHAT SHOULD I DO IF I TEST POSITIVE?

If you test positive or think you may be positive for COVID-19 the CDC recommends that you:

» **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care.

» **Do not visit public areas. As much as possible, stay in a specific room and away from other people and pets in your home.** Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

» **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.

Avoid public transportation, ride-sharing, or taxis.

WHEN TO SEEK MEDICAL ATTENTION

If you have COVID-19 you should stay in touch with your doctor. However, it's important that you call before you get medical care. Be sure to get care if you have trouble breathing, have any of the emergency warning signs below, or if you think it is an emergency.

If you have any of these **emergency warning signs** for COVID-19 get **medical attention immediately**:

» Trouble breathing

» Persistent pain or pressure in the chest

» New confusion

» Bluish lips or face

» Inability to wake or stay awake

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you. **Call 911 if you have a medical emergency:** Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.

The CDC has also released a **Coronavirus Self-Checker** to help you make decisions about seeking appropriate medical care. This system is not intended for the diagnosis or treatment of disease or other conditions, including COVID-19 and is intended only for people who are currently located in the United States. You can find the Self-Checker at https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#cdc-chat-bot-open