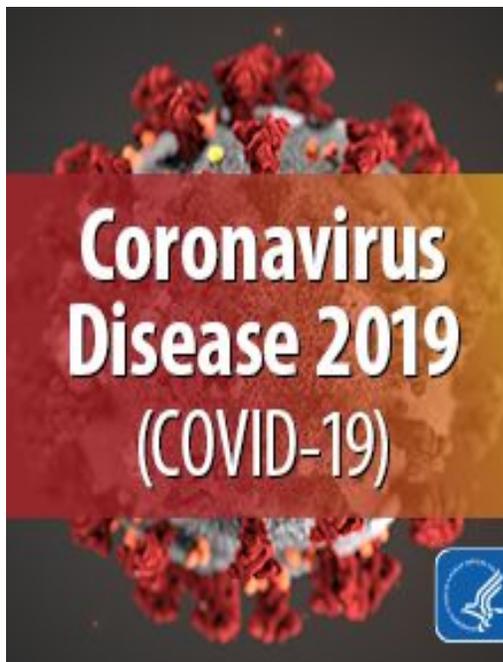


Coronavirus (COVID-19)

Know the Facts and Avoid the Fiction

March 22, 2020: Created by: Chelsi Lamb, Alli Brown, and Hayden Ward



Symptoms:

(2-14 Days after exposure)

- Fever
- Cough
- Shortness of breath

Prevention

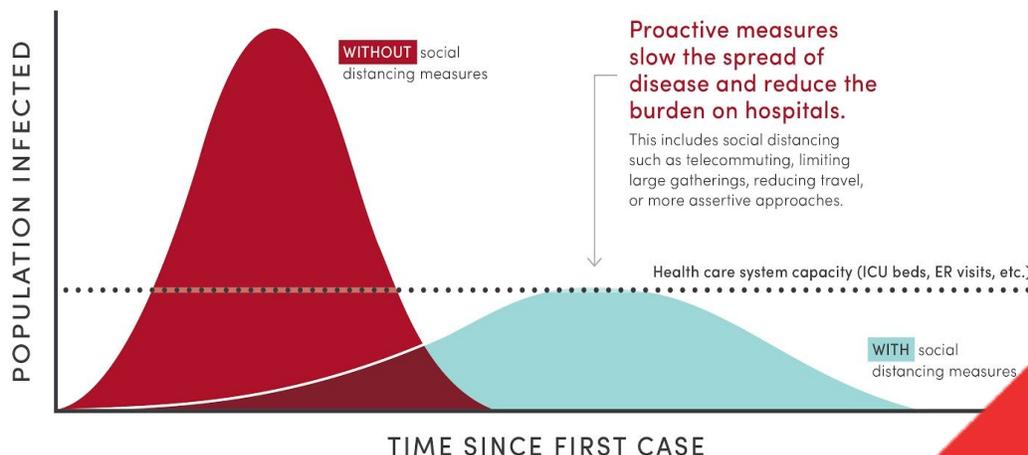
- Social distancing
- Frequent handwashing
- Avoid touching your face
- Cover your coughs and sneezes
- Clean and disinfect objects and surfaces regularly
- If you know someone is sick avoid contact
- If you're sick, stay home!

→ If you are showing signs or have been exposed: Call 211 or your Primary Care Provider in place of going to an ER or Urgent Care Clinic

Social Distancing

Social distancing is the avoidance of crowds or large gatherings, as well as maintaining an appropriate distance (6 feet) when you are around someone coughing or sneezing. Currently, colleges and other organizations are cancelling events to minimize the amount of exposure that would otherwise be experienced on campuses, shopping centers, stadiums, and theaters. It is important during this time to stay calm and stay home so as to reduce the spread of this disease to people who may not have the immune system necessary to fight it off. As seen in

SLOW THE SPREAD OF THE VIRUS



this graph, social distancing can cause a dramatic decrease in the population infected.

Avoid the Fiction

Common Myths:

- Someone can take medicine to prevent or treat COVID-19...
 - ◆ There is currently no vaccine able to prevent COVID-19
 - ◆ Antibiotics cannot treat this
 - ◆ To date there is not a treatment
- You should wear a mask at all times...
 - ◆ A mask should only be worn if you are actively sick or are caring for someone else who is actively sick
- Only certain people should worry...
 - ◆ We are all responsible for controlling the spread of this disease, if not for our own safety, for that of those who have a weakened immune system
- Everything I see or read is true
 - ◆ Make sure all facts are coming from legitimate sources like:
 - Center for disease control
 - World Health Organization
 - Local departments of public health

References:

About Novel Coronavirus (2019-nCoV). (2020). Centers for Disease Control and Prevention.

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