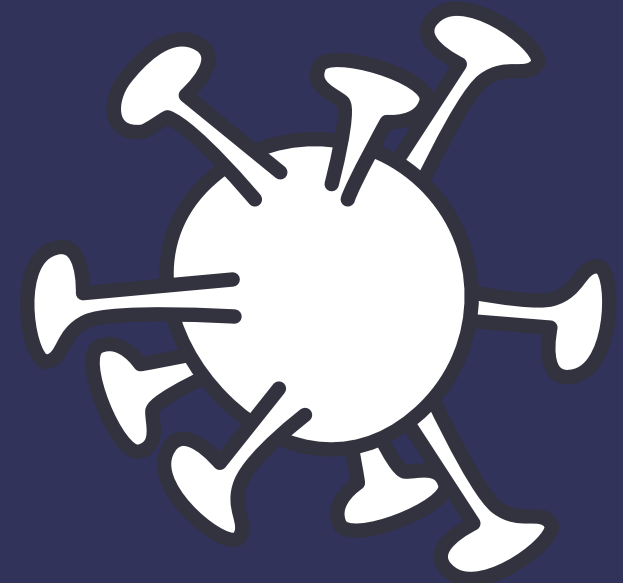




Chugachmiut



COVID-19 FACT SHEET

What are the symptoms?



- Fever
- Cough
- Shortness of breath
- Chills
- Muscle Pain
- Headache
- Sore Throat
- New loss of taste or smell
- Respiratory symptoms
- Diarrhea
- Loss of Appetite

Who is most at risk?

Anyone can get COVID-19. Those at risk of severe illness include:

- Elders and adults over 60 years of age
- People with heart disease, lung disease, diabetes or other health conditions

How it spreads?

The virus spreads very easily between people. Mainly from person-to-person spread.

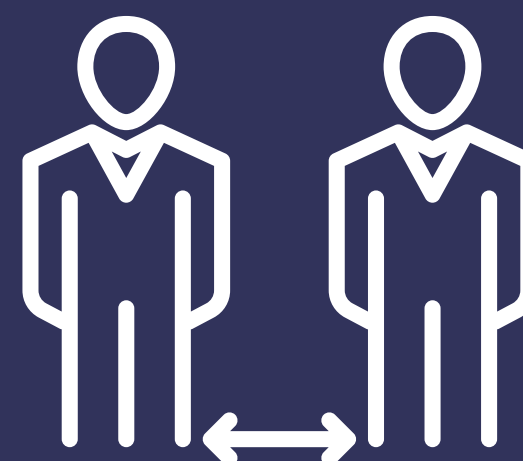
- Between people who are in close contact with one another (within 6 feet)
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks
- Spread by people who are not showing symptoms
- From touching surfaces or objects that has the virus on it and then touching your mouth, nose, or eyes

If Exposed:

- Isolate yourself from others and stay home for 14 days
- Check your temperature twice a day and watch for symptoms of COVID-19
- If possible, stay away from people who are at higher risk
- Call clinic if any COVID-19 symptoms develop

What can you do to prevent ?

- Wash hands often, for at least 20 seconds
- Avoid touching eyes, nose, or mouth with unwashed hands
- Avoid contact with sick people
- Stay home while you are sick; avoid others
- Cover mouth/nose with a tissue or sleeve when coughing or sneezing
- Practice Social Distancing (6 feet apart)
- Wear a cloth face covering or mask when around others
- Routinely clean and disinfect frequently touched surfaces



#StopTheSpread