



COVID-19: Information You Need to Stay Safe & Healthy

COVID-19 is a disease caused by the SARS-CoV-2 virus. It can be very contagious and spread quickly. More than one million people in the United States have died from COVID-19 since the start of the pandemic.

EFFECTS OF COVID-19:

COVID-19 is a sickness that affects the way you breathe. It can range from mild to severe and may feel like a cold, the flu, or pneumonia. Common symptoms include sudden fever or chills, coughing, trouble breathing, losing your sense of taste and smell, and more.

COVID-19 can harm more than just your lungs and breathing. It can affect other parts of your body and affect people after they recover, even if they have mild or no symptoms. This is called “long COVID.”

HOW IS COVID-19 SPREAD?

- COVID-19 spreads when an infected person breathes out droplets that contain the virus. You may be infected if you inhale these droplets, or these droplets can travel to your eyes, nose, or mouth.
- You can also get COVID-19 from close contact (e.g., touching, shaking hands) with an infected person (or surface), and then touching your face.

Note: Anyone infected with COVID-19 can spread it, even if they do NOT have symptoms.

WHO IS MOST AT RISK FOR GETTING COVID-19?

- People who live in or have recently traveled to any area with ongoing active spread.
- People who have had close contact with a person who has had COVID-19.
- People over the age of 60.
- People with pre-existing medical conditions or a weakened immune system.

Understanding the risk of COVID-19 for yourself and those around you can help you make informed decisions to keep you safe and healthy.

PROTECTING YOURSELF AND OTHERS

The updated COVID-19 vaccine is the best way to prevent serious illness, hospitalization, or death from the COVID-19 virus. You should also practice basic health and hygiene routines such as handwashing.

Contact your doctor if you're concerned you may have COVID-19 or have any severe symptoms.

