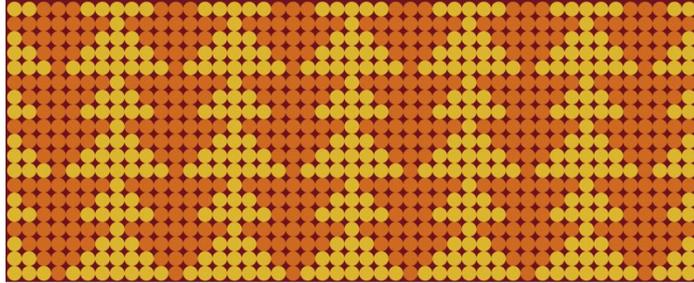


COVID-19 (CORONAVIRUS DISEASE 2019)

# Information for the General Public



## What is COVID-19?

COVID-19 (coronavirus disease 2019) is a viral respiratory illness caused by a coronavirus that has not been found in people before. It can lead to lower respiratory illnesses like pneumonia and bronchitis. The best way to prevent illness is to avoid being exposed to people infected with COVID-19 disease.

Currently, there are safe and effective vaccines to prevent COVID-19. **You can schedule an appointment in your community once it becomes available to your age group.**<sup>1</sup>

## How is COVID-19 spread?

Close contact with an infected person (within six feet of you)

Through respiratory droplets produced when an infected person coughs, sneezes, or talks and the droplets land in mouths and noses of people who are nearby

Contact with infected surfaces or objects then touching your mouth, nose, or eyes

Some studies have shown that COVID-19 may be spread by people who are not yet showing symptoms of the disease.<sup>1</sup>

## How can I protect myself, my family, and my community, especially if I am not vaccinated?

Get a COVID-19 vaccine as soon as possible.

Wear a cloth face mask that covers your nose and mouth while in public and around others you do not live with, especially if you cannot stay six feet away from them.

Keep six feet away from people in public even when wearing a face mask.

- Avoid close contact with people who are sick inside your home.

Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place and after blowing your nose, coughing, or sneezing.

If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes with a tissue or use the inside of your elbow.

Throw used tissues in the trash.

Clean and disinfect frequently touched surfaces daily.

Be alert for symptoms of COVID-19 infection.<sup>2</sup>

## What are the symptoms?

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**Symptoms may appear 2–14 days (about 2 weeks) after exposure to the virus.**<sup>3</sup>

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

Stay home if you are experiencing symptoms except to get medical care.

- Get rest and stay hydrated. Cover your coughs and sneezes.
- Stay in touch with your healthcare provider. Follow their advice on getting tested for the virus.
- Call ahead before visiting your healthcare provider.

Separate yourself from other people and animals in your home.

Monitor your symptoms. Seek immediate medical attention if you have any of these emergency warning signs.

- Trouble breathing
- Persistent pain or pressure in your chest
- New confusion
- Unable to wake or stay awake
- Bluish lips or face

Wear a cloth face mask if you need to be around other people or animals in your home.

Wash your hands often for at least 20 seconds.

Avoid sharing personal household items.

Clean and disinfect all “high-touch” surfaces every day.

“High-touch” surfaces include:

- Phones/tablets
- Remote controls
- Counters
- Tabletops
- Doorknobs
- Bathroom fixtures
- Toilets
- Keyboards
- Bedside tables

If you are concerned you have symptoms of COVID-19 or if you have questions regarding this disease, contact your local or state health department.<sup>4</sup>

## List of local resources

Provide a list of resources local to your area.

See examples below.

[INSERT LOCAL/COUNTY HEALTH DEPARTMENT HERE]

[INSERT STATE HEALTH DEPARTMENT HERE]

Your local/county or state health department will have the most up to date information for your area.

### More COVID-19 resources

We offer many resources for tribes and urban Indian-serving organizations as well as healthcare providers and community members to help ensure that information is shared to keep our relatives safe and healthy.

[www.uihi.org/covid](http://www.uihi.org/covid)

### References

1. CDC. COVID-19 and Your Health. Centers for Disease Control and Prevention. Published May 13, 2021. Accessed June 4, 2021. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>
2. CDC. COVID-19 and Your Health. Centers for Disease Control and Prevention. Published March 8, 2021. Accessed June 4, 2021. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
3. CDC. Coronavirus Disease 2019 (COVID-19) – Symptoms. Centers for Disease Control and Prevention. Published February 22, 2021. Accessed June 4, 2021. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
4. CDC. COVID-19 and Your Health. Centers for Disease Control and Prevention. Published February 11, 2020. Accessed June 4, 2021. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>