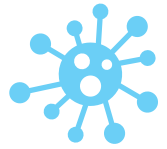


A new type of coronavirus has been making people sick. This new (novel) type causes COVID-19. For some people, COVID-19 is a mild illness. For others, it is a severe illness. There are things you can do to help stop the spread and keep yourself and the community healthy.



Preventing COVID-19



Wash hands.

Wash hands well and often. Hand sanitizer can help if soap and water aren't available.



Stay home if sick.

Stay home from work or school if you're sick. Avoid going out other than to get care.



Clean surfaces.

Disinfect commonly touched surfaces often with regular household cleaners.



No close contact.

Keep your distance from people who show signs of illness.



Follow facemask guidelines.

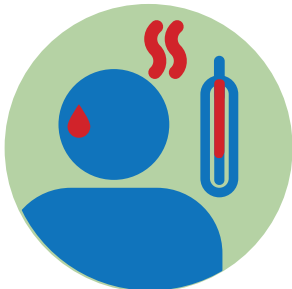
People who are ill should wear a facemask when around those who are well. **Facemasks are not recommended for people who are well** unless they are health care workers or caring for people with COVID-19.



If you've traveled someplace with COVID-19 or were exposed...

You should avoid going in public and should self-monitor yourself for symptoms. If you've been asked to contact the Saginaw County Health Department, call the COVID-19 Hotline at (989) 758-3828.

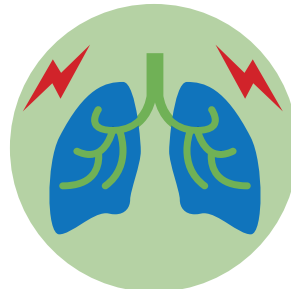
Symptoms of COVID -19



Fever



Cough



Shortness of Breath

Preparing for COVID-19



Have a preparedness plan.

Think about daily supplies that you need and have plenty on hand. This may include things like food, water, medications, pet food and diapers. Visit www.ready.gov for help planning.



Connect with others and reliable sources.

Talk to friends and family about your plan. Get accurate information from sources like the health department, the Centers for Disease Control and Prevention, or your health care provider. Follow reputable sources on social media.

How is this coronavirus spread?

- A person with the virus coughs or sneezes, releasing it into the air.
- People are in close contact (within 6 feet or less).
- Someone touches something that has the virus on it then touches their mouth, nose or eyes with unwashed hands.
- The virus is in respiratory droplets and possibly poop.

COVID-19

Stigma

Stigma can hurt efforts to stop COVID-19. **No specific race or ethnicity is more susceptible.** Unless someone recently traveled from an area with COVID-19 or has had contact with someone who has it, they are at no greater risk than others.

If I think I have COVID-19

Call your healthcare provider or local urgent care if you develop symptoms and have been in close contact with a person known to have COVID-19 or if you have recently traveled from an area with widespread or ongoing community spread of COVID-19.

Treatment for COVID-19

Currently, no specific antiviral treatment is recommended. People with COVID-19 should receive treatment to relieve symptoms. Severe cases may need hospitalization. Consult your health care provider.

Coping with COVID-19

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to disasters including outbreaks.



What about schools and businesses?

If you work or are a student, ask your employer or school about their emergency plans.

If you are responsible for a school or business:

- Educate students or staff about COVID-19.
- Provide facial tissues, hand sanitizer, and no-touch trash cans.
- Frequently clean and disinfect commonly touched surfaces.
- Review and share "continuity of operations plans."

