Who’s most at risk?

- People with medical conditions like diabetes, heart disease, high blood pressure, liver disease, kidney disease, asthma, cancer
- Older adults (60 and above)
- Those with a weakened immune system
- People who are more than one of these

How can I keep myself safe?

- Stay at home when possible
- Wash your hands often
- Stay six feet from others
- Wear a mask when you go out
- Exercise
- Eat healthy meals
- Get enough sleep
- Release stress

What if I need to go out?

- Wear a cloth mask whenever possible to stop the spread.
- Wash your hands for at least 20 seconds and change your clothes as soon as you come home.
- If using public transportation, stay six feet from other passengers and avoid touching surfaces.
- Limit errands to one or two people in your house.
- Get the facts about the coronavirus

Based on CDC guidelines

If you start to feel sick:

- It’s your right to get tested and receive medical care for the coronavirus.
- Testing sites will not report your background or immigration status to the authorities.
- If you do test positive, there are ways to receive care even without health insurance or the ability to pay.

- Call your doctor or local health department.
- Stay at home and away from others as much as possible.
- Keep track of your symptoms in case they get worse.

What is the coronavirus?

The coronavirus causes COVID-19, a highly contagious disease that is affecting all of our communities, especially communities of color.

• People with medical conditions like diabetes, heart disease, high blood pressure, liver disease, kidney disease, asthma, cancer
• Older adults (60 and above)
• Those with a weakened immune system
• People who are more than one of these

If your living situation makes it hard to keep your distance, you can help keep loved ones safe by:

- Wearing a cloth mask around them
- Coughing and sneezing into your elbow
- Not sharing food, drinks or utensils
- Not hugging or kissing them
- Cleaning and disinfecting surfaces often

What are the symptoms of COVID-19?

Symptoms usually appear one to 14 days after exposure. Watch out for:

• Cough
• Sore throat
• Shortness of breath
• Exercising
• Eating healthy meals
• Getting enough sleep
• Releasing stress

• A person can be infected and contagious even if they don’t show symptoms.
• An infected person can spread it when they cough or sneeze.
• You can also get it by touching an object with the virus on it, then touching your face.

Stay at home when possible.
Wash your hands often for at least 20 seconds.
Stay six feet apart.
Don’t touch your face.

For more great tips and information about the coronavirus, visit cdc.gov/coronavirus.
You can also contact your local or state health department.