

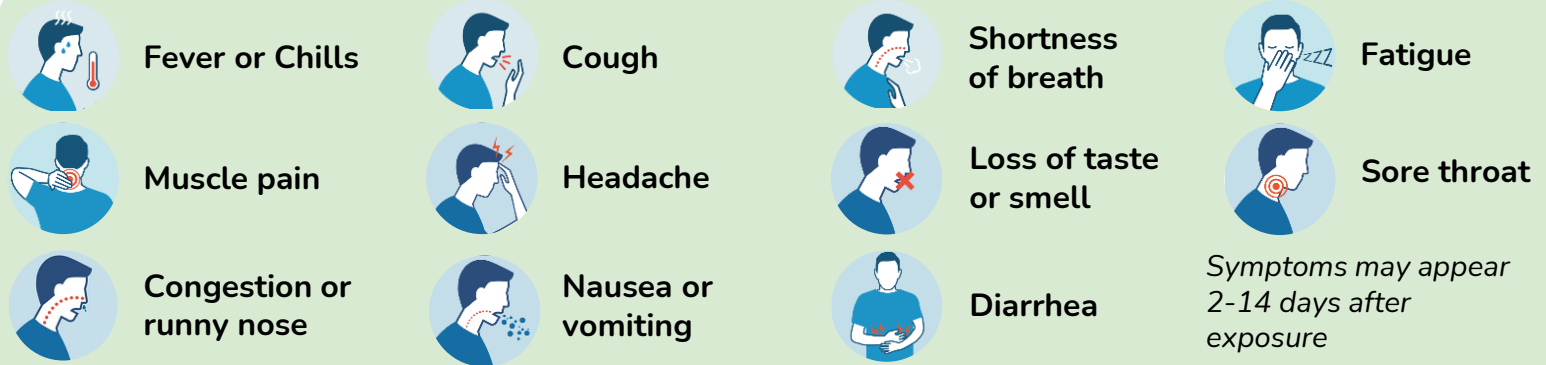
Coronavirus Disease 2019

What You Need to Know

What Should I Know About the Coronavirus Disease 2019 (COVID-19)?

COVID-19 is a disease caused by a virus, SARS-CoV-2, that has spread from person to person through respiratory droplets and contact with surfaces or objects with the virus.

Symptoms of COVID-19



Seek medical care immediately if someone has any of these **emergency warning signs** of COVID-19:

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

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

**This list is not all possible symptoms. Contact your healthcare provider for any other symptoms that are severe or concerning to you.*

Are you at an increased risk of severe illness? Do you have the following conditions?

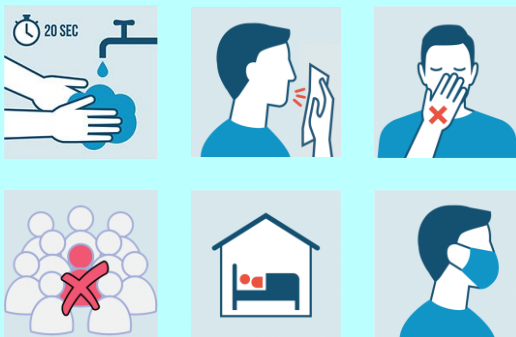
People of **any age** are at increased risk:

- Chronic kidney disease
- Chronic obstructive pulmonary disease (COPD)
- Weakened immune system from a single organ transplant
- Obesity (BMI \geq 30)
- Heart conditions, such as heart failure, coronary heart disease, or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes

People who **might be** at an increased risk:

- Moderate to severe asthma
- Cerebrovascular disease
- Neurologic conditions such as dementia
- Liver disease
- Smokers
- Type 1 diabetes
- Hypertension (high blood pressure)
- Thalassemia (blood disorder)
- Pulmonary fibrosis
- Cystic fibrosis
- Pregnant women
- Weakened immune system from blood or bone marrow transplant, HIV, use of corticosteroids or other immune-weakening medicines

Everyone: Do Your Part!



Prevention:

- Wash your hands often with soap and water or use \leq 60% alcohol-based hand sanitizer for 20 seconds
- Wear a face covering when out in public
- Cough or sneeze into a tissue or sleeve
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people and practice social distancing
- Avoid non-essential visits to health care facilities

If you are sick:

- Stay home and self-isolate
- Call your healthcare provider, and request telemedicine.



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