

WHAT TO KNOW ABOUT COVID-19



COVID-19 infection can result in death in healthy and ill people of any age. Even if recovered from COVID-19, a person may have long term complications (such as memory loss, fatigue, breathing difficulties, heart or lung damage) that can keep them from going back to work or normal life.

How to Protect Yourself and Others:

COVID-19 is spread by respiratory droplets (coughing, sneezing, talking, close contact with infected individuals).



Wear masks in public spaces or when physical distancing is not possible



Wash hands frequently with soap or alcohol sanitizer



Avoid visiting others outside your household



Physically distance: stay 6 feet away from others

Symptoms:

- Most common: fever, cough, shortness of breath
- Others include: fatigue, loss of appetite, loss of taste and/or smell, muscle aches, chest pain, diarrhea, nausea/vomiting & headache

If You Have Symptoms:

- Self quarantine
- Contact your healthcare provider to schedule a COVID-19 test
- If positive, self quarantine for 10 days
- If negative, self quarantine for 14 days or until symptoms clear

Who is Considered a Close Contact?

Anyone who was within 6 feet of an infected person for over 15 minutes without protective equipment (mask + gloves + eye protection; mask alone does not count).

What Should You Do if You are a Close Contact?

Self quarantine for 14 days from exposure (even if tested negative) and monitor for symptoms. If you have symptoms, get tested and isolate for an additional 10 days from start of symptoms.

What if You are Sick and Live with Other People?

You can keep your household members safe. Self isolate by using a separate room and bathroom if possible. Use different dishes. Clean and disinfect often. Everyone should wear masks in the home.

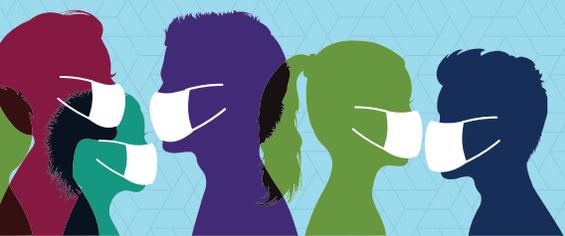
Written in partnership with Business Partners to CONVINCe & 19toZero.



VACCINATION FOR A HEALTHY PLANET



If we all work together, we can end this pandemic and get back to our normal lives!



For more information and related resources, visit
BusinessPartners2CONVINCE.org

Information provided as of March 2021.