



# COVID-19









# Things to Know about the COVID-19 Pandemic

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# Important Ways to Slow the Spread

- Wear a mask that covers your nose and mouth to help protect yourself and others.
- Stay 6 feet apart from others who don't live with you.
- Get a COVID-19 vaccine when it is available to you.
- Avoid crowds and poorly ventilated indoor spaces.
- Wash your hands often with soap and water. Use hand sanitizer if soap and water aren't available.

## If You are at Risk of Getting Very Sick

- People of any age, even healthy young adults and children, can get COVID-19.
- People who are older or have certain underlying medical conditions are at higher risk of getting very sick from COVID-19.
- Other groups may be at higher risk for getting COVID-19 or having more severe illness.



# Getting a COVID-19 Vaccine

- Authorized COVID-19 vaccines can help protect you from COVID-19.
- You should get a COVID-19 vaccine when it is available to you.
- Once you are fully vaccinated, you may be able to start doing some things that you had stopped doing because of the pandemic.



#### What to Do If You're Sick

- Stay home except to get medical care. If you have symptoms of COVID-19, contact your healthcare provider and get tested.
- Isolate yourself from others, including those living in your household, to prevent spread to them and the people that they may have contact with, like grandparents.
- Call 911 if you are having emergency warning signs, like trouble breathing, pain or pressure in chest.



#### How to Get a Test for Current Infection

- Visit your state, tribal, local, and territorial health department's website to look for the latest local information on testing.
- Talk to your healthcare provider about getting tested. You and your healthcare provider might consider either in-person testing, an at-home collection kit, or an at-home test.
- If you have symptoms of COVID-19, or if you have not been vaccinated and have been in close contact with someone with COVID-19, it is still important to stay home even if you are not tested.



## What Symptoms to Watch For

The most common symptoms of COVID-19 are

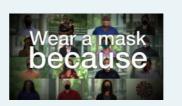
- Fever
- Loss of taste or smell
- Cough
- Sore throat
- Headaches
- Nausea
- Fatigue
- Diarrhea
- Muscle or body aches

Other symptoms are signs of serious illness. If someone has trouble breathing, chest pain or pressure, or difficulty staying awake, get medical care immediately.



### I wear a mask because...

CDC staff give their reasons for wearing a mask.



Wear a mask because...

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