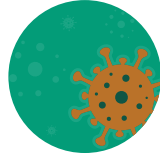


COVID-19

What is it?

COVID-19 is a disease caused by a virus called SARS-CoV-2. It mainly affects the lungs but can affect other parts of the body.



How is COVID-19 spread?

- Mainly through tiny particles we breathe out
- A person can spread it 2 days before and up to 10 days after symptoms begin

Symptoms

Symptoms vary widely, but most people have mild symptoms similar to a cold, flu, or pneumonia. Severe illness is possible. It usually takes 2-10 days to feel sick.

- Fever
- Cough
- Sore throat
- Fatigue and muscle weakness
- Congestion or runny nose
- Shortness of breath
- Headache
- Abdominal pain
- Nausea
- Vomiting or diarrhea



Who is at risk for severe illness?

Some people are more at risk and likely to need hospitalization than others, including people who are older and people who have:

- Compromised immune systems
- Disabilities
- Underlying health conditions



Ways to prevent COVID-19

- Get vaccinated and stay up to date
- Cover coughs and sneezes with a tissue
- Avoid contact with people who are sick
- Wash hands regularly

When sick

- Wear a mask
- Stay home



About COVID-19
covid.srhd.org