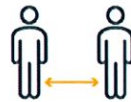


CASES ARE RISING.
ACT NOW!



COVID-19



Things to Know about the COVID-19 Pandemic

Updated Jan. 5, 2021



Three Important Ways to Slow the Spread

- Wear a **mask** to protect yourself and others and stop the spread of COVID-19.
- **Stay at least 6 feet** (about 2 arm lengths) from others who don't live with you.
- **Avoid crowds.** The more people you are in contact with, the more likely you are to be exposed to COVID-19.

Cases in the last 7 days

1,551,850

How to Protect Yourself When Going Out

- 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.
- **Avoid crowds.**
- **Avoid 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 can get COVID-19, even healthy young adults and children.
- **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.



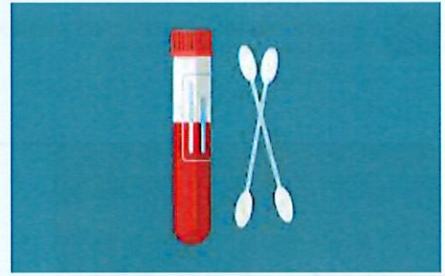
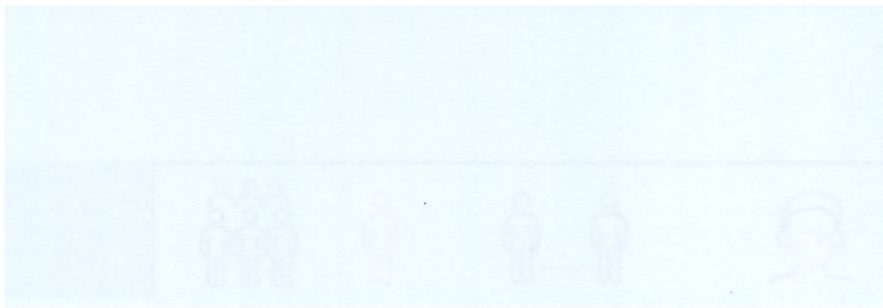
What to Do If You're Sick

- **Stay home** except to get medical care.
- **Isolate yourself** from other members of your family to prevent spread to them and the people that they may have contact with, like grandparents.
- Even if you don't feel sick, you can spread COVID-19 to others.
- Get care immediately if you are having **emergency warning signs**, like trouble breathing, pain or pressure in chest.



How to Get a Test for Current Infection

- You can visit your **state** or **local** health department's website to look for the latest local information on testing.
- If you have symptoms of COVID-19 and **want to get tested**, call your healthcare provider first.
- If you have symptoms of COVID-19 and choose to not get tested, it is important to stay home. Find out **what to do if you are sick**.



How to Cope with Stress

- **Care for yourself** one small way each day.
- Unwind by doing yoga, listening to music, or gardening.
- Find new ways to **connect with family and friends**, get support, and share feelings.
- Eat healthy foods and get enough rest
- Relax by reading, listening to music, or starting a new hobby.



What Symptoms to Watch For

The **most common symptoms** of COVID-19 are

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



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...

