

# COVID-19 Kinship Care Package

COVID-19 is a highly contagious virus that is believed to mostly be transmitted by the droplets in the air expelled by an infected person, but potentially also through surfaces that these droplets rest upon.

Unlike the seasonal flu, it spreads much faster, has severe infections, and higher death rates.

When it attacks, you can have:

- Fever
- Cough
- Difficulty breathing
- Loss of taste or smell
- No visible symptoms

And you can get others around you sick.

Elders and those with pre-existing conditions are especially vulnerable to getting very sick.

- ASTHMA
- DIABETES
- HEART DISEASE

Sometimes the virus even kills them.

Updated: March 2021 | Sources: CDC and WHO

Stay at home or near your house as much as you can. Taking care of your animals and garden is safe.

Postpone large gatherings with friends and loved ones who live outside of your household.

Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

There are ways to protect yourself and your community.

If necessary to be out, keep a safer distance and avoid touching of shared surfaces.

Make sure to wear face masks when in public or around people from outside your household.

Only for ages 2+ years. Make sure you can breathe easily.

Double masking is recommended to ensure a close fit and sufficient layers. Wear a medical mask as inner and a cloth mask as outer layer.

— Safer Distance —

Washing your hands with soap and water or applying hand sanitizer for at least 20 seconds kills it quickly.

With at least 60% alcohol content

It can be weakened by cleaning and disinfecting frequently touched surfaces.

Call 9-1-1 if you have more severe symptoms, like:

- Confusion
- Difficulty breathing
- Pressure in chest
- Blue lips or face
- Persistent pain
- High fever
- Cannot wake up

More info on COVID-19: Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)  
 COVID-19 relief support: 1.833.956.1554 or visit [navajohopisolidarity.org](https://navajohopisolidarity.org)