FEAR. NOT.

KNOW THE FACTS ABOUT COVID-19.

FACT 1

DISEASES CAN MAKE ANYONE SICK REGARDLESS OF THEIR RACE OR ETHNICITY.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 2

FOR MOST PEOPLE, THE IMMEDIATE RISK OF BECOMING SERIOUSLY ILL FROM THE VIRUS THAT CAUSES COVID-19 IS THOUGHT TO BE LOW.

Older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.

FACT 3

SOMEONE WHO HAS COMPLETED QUARANTINE OR HAS BEEN RELEASED FROM ISOLATION DOES NOT POSE A RISK OF INFECTION TO OTHER PEOPLE.

FACT 4

THERE ARE SIMPLE THINGS YOU CAN DO TO HELP KEEP YOURSELF AND OTHERS HEALTHY.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT 5

YOU CAN HELP STOP COVID-19 BY KNOWING THE SIGNS AND SYMPTOMS:

- Fever (100.4°)
- Cough
- Shortness of breath

Seek medical advice if you develop symptoms and/or have been in close contact with a person known to have COVID-19 or live in or have recently traveled from an area with ongoing spread of COVID-19. Call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms.

For more information visit cdc.gov/coronavirus