



## What is COVID-19?

- A disease **caused by the new coronavirus** that emerged in Wuhan, China in December 2019. ("Coronavirus Disease 2019")
- This coronavirus is **more contagious** than viruses that cause the flu or common cold, and can lead to **more severe disease**.

- Symptoms usually develop **5-6 days** after infection, but can take up to **2 weeks!**
- People **over 60 years old** with **underlying health conditions** like asthma and diabetes are at highest risk of serious symptoms!

## How does it spread?

**Small droplets** are coughed/sneezed/exhaled into the air and land on surfaces. You **breathe in** these droplets OR **touch something** with the droplets, then **touch your eyes, nose, or mouth**.



## If you suspect you have the virus...

### Mild symptoms:

- **Stay home** and call your healthcare provider
- **Monitor symptoms** and ask to see your healthcare provider if it gets worse.

### Severe symptoms:

- Persistent chest pain, blue lips, acute onset of confusion
- **Seek care with your doctor or local ER immediately!**

## Symptoms

				common
fever	dry cough	weakness	phlegm	
				uncommon
difficulty breathing	sore throat	joint pain	headache	
				rare
nausea	nasal congestion	diarrhea	gunky red eye	

## Masks help stop the spread of COVID-19!

- Masks decrease the spread of infected droplets
- Do not use multiple masks or reuse single-use masks
- Leave **no gaps** between your mask and face
- Avoid touching your face
- Combine proper mask usage with frequent **soap and water hand-washing**

**DID YOU KNOW?** Wearing masks limits the spread of virus, including from those who don't know they are infected. **By wearing a mask, you protect those around you!**

## Protect yourself & your family!

**Wash your hands** thoroughly and regularly with **soap & water** or **alcohol-based hand rubs**.

Be cautious of **person-to-person spread** and maintain **6 feet of distance**. Be aware that people can transmit the virus even if they have no symptoms!

**Avoid travel** to known COVID-19 **hot spots and highly populated areas** (e.g. major cities, airports, public transportation).

Practice **social distancing** and **stay home!**

- Work and learn from home
- Avoid social gatherings of 10+ people
- Avoid eating/drinking at bars, restaurants and food courts

Avoid **non-essential travel** and large crowds, including **indoor church services** and **bible studies!**



**Social isolation and loneliness** are linked to poor mental health, including depression

## Mental health effects of COVID-19

- Mental health challenges have been called the "**second wave**" of COVID-19
- Many people have **fears and worries** about **health, work, school, and finances**
- Social distancing can contribute to **isolation, loneliness, stress, and loss of routines**, all of which affect mental health
- **Older adults** may be especially affected
- Scientists are still learning about direct mental health effects of the virus, including a dangerous confusional state called **delirium**

## Optimizing your mental health

### Know the signs that you are stressed:

#### Physical symptoms

- Headaches, muscle tension
- Upset stomach
- Racing heart and shortness of breath
- Difficulty with sleep
- Chronic fatigue
- Loss of appetite or overeating "comfort food".

#### Emotional symptoms

- Difficulty with focus
- Forgetfulness
- Feeling tense and jumpy
- Irritability
- Short temper
- Sadness, crying



**Anxiety is a normal reaction to stress.** Check in with yourself and your emotions. **Limit exposure** to news and social media.



**Take care of yourself** and your basic needs - including diet, sleep, & exercise. **Create a consistent routine** and reach out to loved ones.



**Find positive ways of coping.** **Donate, reach out** to the elderly and more isolated, **help** families in need, **support** local businesses.



**Talk to other people.** If your mental health symptoms are persistent and/or affecting your ability to function, **seek professional help.**

