

FACTS ABOUT COVID-19 / CORONAVIRUS



Symptoms are similar to the flu: coughing, fever, and shortness of breath.

The virus spreads in two main ways:

- A sick person coughs or sneezes very tiny droplets full of the virus. A well person close by (within 6 feet) gets those droplets in their nose or mouth, or into their lungs.
- The droplets land on a surface or objects, or from the sick person's hand after covering a cough. A well person touches something with the virus on it, then touches their own nose or mouth or face.



Be aware of your most vulnerable neighbors

Anyone can get infected. Most people have mild symptoms and get better on their own.

Some people get very sick, especially those who are older or have other serious health conditions (heart or lung diseases or weak immune system). The back of this card tells you when to get help.

For more info and to stay up to date:
ask an outreach worker or go to
publichealthmdc.com/coronavirus



Help limit the spread of infections

- **Keep your distance from others.** Spread out your camp. Avoid groups, gatherings, and nonessential appointments. If possible, sick people should sleep separately from well people.
- **Wash your hands** with soap and warm water or use sanitizer. Both help.
- **Avoid touching** your nose, eyes and mouth. Clean frequently touched objects.
- **Avoid sharing personal items** like cigarettes, food, utensils, etc.
- **Cover your cough or sneeze** with a mask or bandana, and stay at least 6 feet away from others.



Taking care of a sick person

There is no specific medicine for COVID-19.

Mildly sick may look like: cough, sneezing, sore throat, fever and aches.

Try: sleep, rest, and drink fluids.

If someone gets very sick, get medical help right away.

- That looks like difficulty breathing, pain or pressure in the chest or abdomen, or inability to drink or keep liquids down.
- An ambulance will come like usual if you call 911. The paramedics will wear extra masks and coverings to keep themselves healthy so they can keep working.

If you are sick, call your healthcare provider. If you do not have a regular healthcare provider, call your outreach worker to get help. If you plan to go to the ER, call ahead of time:
Meriter Hospital (608) 417-6206 | UW Hospital (608) 262-2398 | St Mary's Hospital (608) 251-6100