

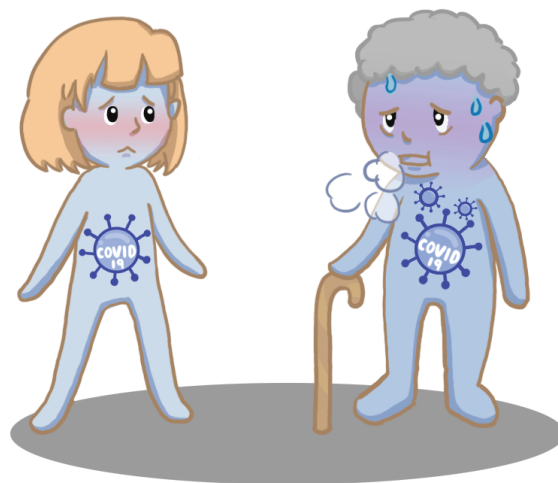
WHAT IS COVID-19?

Many people are getting a new sickness.

The sickness is caused by a virus, which is a type of germ you can't see.

This new virus is called **COVID-19**. Some people call it coronavirus

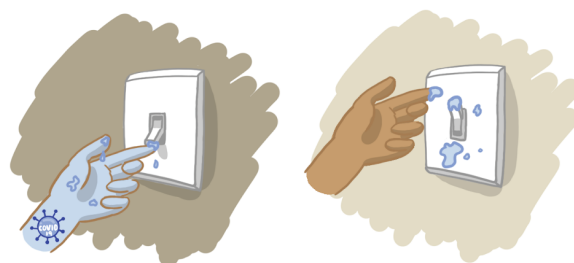
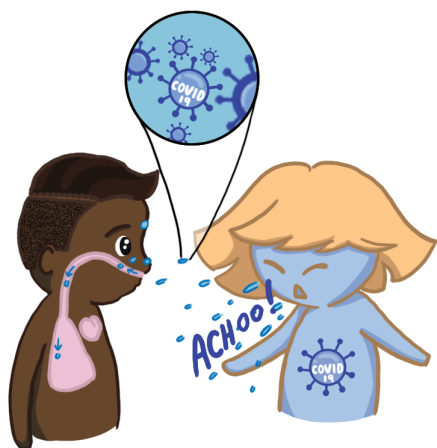
Some people feel a little sick. Some people feel very sick.



HOW DO PEOPLE GET SICK FROM COVID-19?

People with COVID-19 sometimes cough or sneeze.

If someone sick from COVID-19 coughs or sneezes near you, you could get sick too.



If a sick person has touched something like a doorknob or a light switch, that thing may have COVID-19 on it now.

If you touch that thing then touch your face, you could get sick.

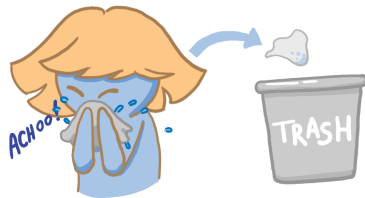
HOW DO YOU PROTECT YOURSELF AND PEOPLE AROUND YOU FROM GETTING SICK FROM COVID-19?

DO

Cough or sneeze into your elbow or a tissue.



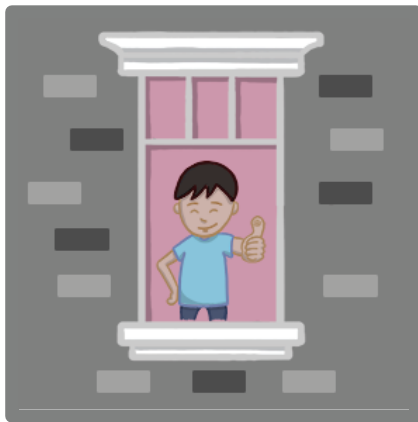
Throw used tissues away.



Wash your hands with a lot of soap and water.



Try to stay at home as much as possible.



Clean things in your house that people touch a lot.



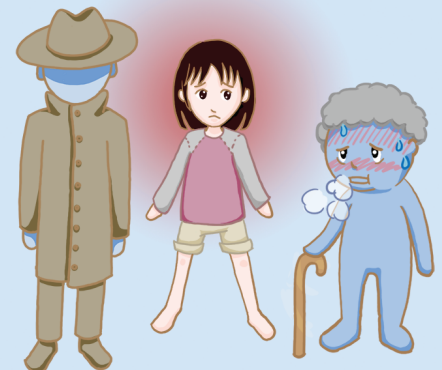
DON'T

Don't touch your face.



Don't stand close to sick people or strangers.

Strangers may be sick.



WHAT SHOULD YOU DO IF YOU THINK YOU MIGHT HAVE COVID-19?

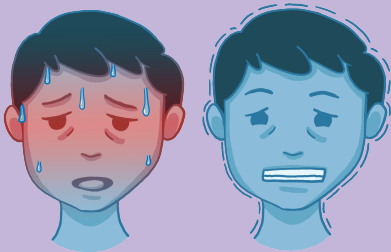
CALL 911 IF YOU HAVE...

Call 911 on the phone **AND** ask somebody for help as fast as you can.

TROUBLE BREATHING OR TALKING WHILE RESTING

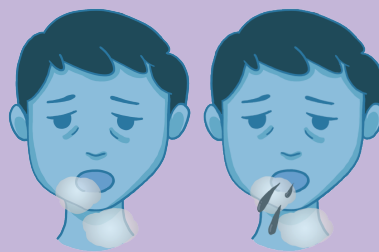


TAKE YOUR TEMPERATURE & ASK FOR HELP IF YOU FEEL...



FEVERISH

- hot
- cold
- sweaty
- shivering



COUGH

- coughing up nothing
- coughing up mucus



TROUBLE BREATHING

- breathing fast or heavy
- not enough air in lungs
- hard time finishing sentences
- hard to take big breaths
- tight or pain in your chest when you breathe
- like you just ran around even if you're resting

You might have **COVID-19**.

Check your temperature using a thermometer.

If your temperature is more than 100 degrees F, tell someone you trust right away.

WHAT SHOULD YOU DO IF YOU THINK YOU MIGHT HAVE COVID-19?

TALK TO SOMEONE IF YOU FEEL...



**SORE
THROAT**



RUNNY NOSE



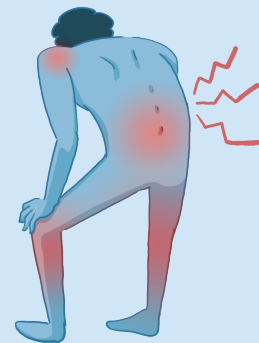
**STOMACHACHE/
DIARRHEA**



**LESS
HUNGRY**



TIRED



**MUSCLE
PAIN**

You might have COVID-19, but you shouldn't worry.

Stay home to protect yourself and other people.

Tell someone you trust how you are feeling.

DO THINGS THAT MAKE YOU HAPPY!



A lot of things are changing.

You will probably be apart from many people you care about.

It's normal to feel sad, worried, or lonely.

Talk to someone you trust about your feelings.

Talk to people you care about over the phone or internet.

Do things inside your home that make you happy.



COVID-19 accessible guide brought to you by a caring team of medical students and health professionals at WashU, Pitt, NYU, and St. Louis Arc.

For more information contact accesscovid@gmail.com

Illustration by Ariella Coler-Reilly

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