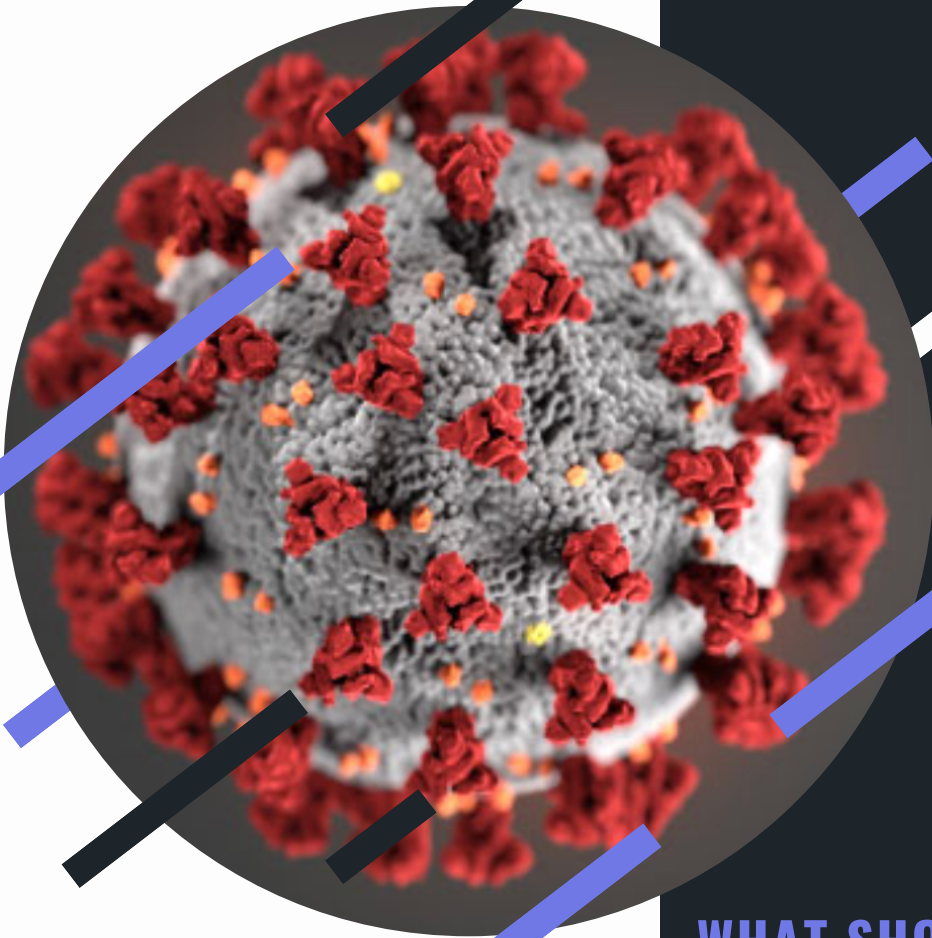


# CORONAVIRUS DISEASE 2019 (COVID-19)



## SHOULD I USE A FACEMASK?

- At this time, CDC does not recommend that people who are well wear a facemask.
- An N95 filtering facepiece respirator is a type of respirator which removes particles from the air that are breathed through it. These respirators filter out at least 95% of very small (0.3 micron) particles. N95 FFRs are capable of filtering out all types of particles, including bacteria and viruses.

## WHAT SHOULD I DO IF I HAVE SYMPTOMS OF COVID-19?

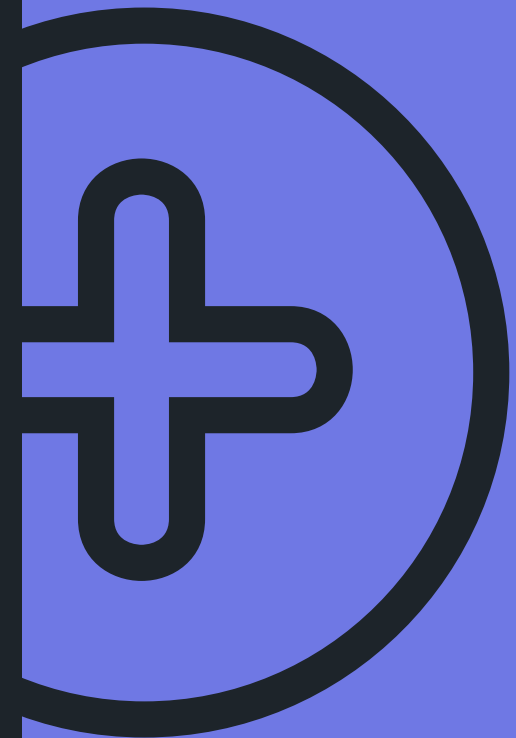
Call our free confidential national helpline  
1- 866-783-2645 to find a health care  
provider near you to discuss symptoms.

## CONTACT US

(866) 783-2645

[www.healthymamericas.org](http://www.healthymamericas.org)

Information provided from CDC source  
as of 2/25/2020 at 4:50 p.m.



National Alliance  
for Hispanic Health



## WHAT IS CORONAVIRUS DISEASE 2019 (COVID-19)?

COVID-19 is a respiratory illness that can spread from person to person. COVID-19 Can cause a range of symptoms from a common cold to a severe acute respiratory syndrome.

## HOW DOES COVID-19 SPREAD?

The virus seems to be spreading from person to person.

- Between people who are in close contact with one another (within about 6 feet)
- Via respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

## WHAT ARE THE SYMPTOMS OF COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- Fever, cough and shortness of breath
- CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure.

## WHAT ARE SEVERE COMPLICATIONS FROM COVID-19?

Many patients have pneumonia in both lungs.



## HOW CAN I HELP PROTECT MYSELF & OTHERS?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19. Simple everyday preventive actions include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- If you are sick, to keep from spreading respiratory illness to others, clean and disinfect frequently touched objects and surfaces, stay home when you are sick, and cover your cough or sneeze with a tissue, then throw the tissue in the trash.

## IS THERE A VACCINE OR TREATMENT?

There is currently no vaccine to protect against COVID-19, and there is no specific antiviral treatment. People with COVID-19 can seek medical care to help relieve symptoms.