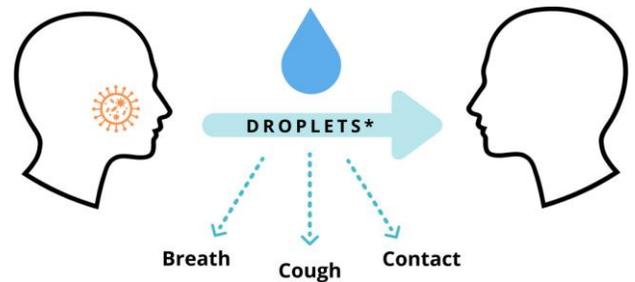


COVID-19 – March 17, 2020

How is COVID-19 spread?

- through droplets when someone coughs or sneezes
- between people who are in close contact with one another (within about 6 feet)
- by touching a surface or object with the virus and then touching the mouth, nose, or eyes



** 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?

Fever



Cough



Difficulty breathing



What should I do if I am sick?

If you are sick, stay home unless it is an emergency. Try to stay away from other people in your house. If you have a fever and cough or shortness of breath, call your regular doctor or the Yale-New Haven Health System COVID-19 Hotline at 203-688-1700.

You can only be tested for COVID-19 at the new testing center at L+M if a doctor asks them to test you and you have an appointment. Please call your doctor or the Hotline first. Only go to the testing center when they tell you to go.

Do not go to the emergency room unless it is a true emergency. Emergency rooms need to be able to serve those with the most serious needs. Only call 911 or go to the emergency room if you develop chest pain, difficulty breathing, or experience another true medical emergency.

How can I protect myself from COVID-19?

- Wash your hands often with soap and water or use alcohol-based hand sanitizer
- Avoid touching your eyes, nose, or mouth
- Avoid close contact with others. Try to stay at least 6 feet apart from others
- Cover your coughs and sneezes using a tissue and then wash your hands
- Stay home when you are sick

Right now, there is not a vaccine for COVID-19.



How is COVID-19 treated?

There are no medications for COVID-19 right now. Most people will get better on their own by drinking lots of fluids, resting, and taking over-the-counter medicine for pain and fever. Some people will develop pneumonia and require medical care or hospitalization. Pay attention to your symptoms and seek medical attention if you develop chest pain, difficulty breathing, or experience another true medical emergency.