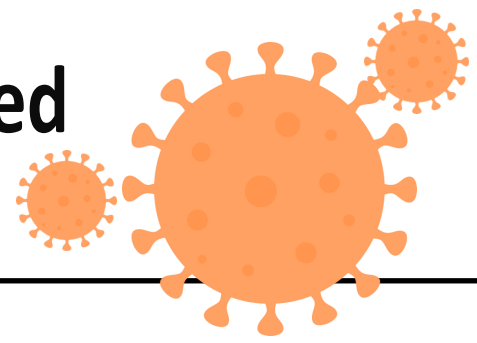


Keeping Our Community Informed

Novel Coronavirus 2019 (COVID-19)



Symptoms

One or more of the following:

- HEADACHE
- CHILLS
- NAUSEA
- RUNNY NOSE
- LOSS OF TASTE AND SMELL
- FATIGUE
- FEVER
- VOMITING
- SORE THROAT
- SHORTNESS OF BREATH
- CONGESTION
- COUGH
- DIARRHEA
- MUSCLE PAIN

Prevention

To protect yourself and prevent spread of the virus:



- Limit contact with others as much as possible
- Put at least 6ft between yourself and others
- Avoid contact with people who are sick
- Stay home if sick, except to get medical care



- Wash hands often with soap and water for 20 seconds
- Use hand sanitizer with at least 60% alcohol when soap and water is not available
- Avoid touching eyes, nose, and mouth



- Clean and disinfect frequently touched surfaces



- Covering your nose and mouth with a cloth mask is essential and required in an indoor public space or a crowded outdoor space where you cannot maintain 6ft distance
- Continue to maintain 6ft distance from others not from your own household while wearing the mask



- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Wash hands immediately after.

The virus spreads:

- from person to person within 6 feet of one another
- through respiratory droplets when an infected person coughs, sneezes, or talks
- by infected people that are not showing symptoms

Seeking Care

If you have symptoms or think you may have been exposed to someone with Covid-19, isolate at home and seek testing. Most people have mild symptoms and are able to recover at home. If your symptoms become severe, go to the emergency room. Call 911 if your symptoms are life threatening. If you have COVID-19 questions, call your local health department:

- Coldwater 517.279.9561 (select option #7)
- Hillsdale 517.437.7395 (select option #7)
- Three Rivers 269.273.2161 (select option #7)

For COVID-19 testing site locations, resources, and local data visit www.bhsj.org



BRANCH-HILLSDALE-ST. JOSEPH
COMMUNITY HEALTH
AGENCY | YOUR LOCAL
HEALTH DEPARTMENT

Coldwater (517) 279-9561
Hillsdale (517) 437-7395
Three Rivers (269) 273-2161

570 N Marshall Rd., Coldwater, MI 49036
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