

# Coronavirus Safety Information

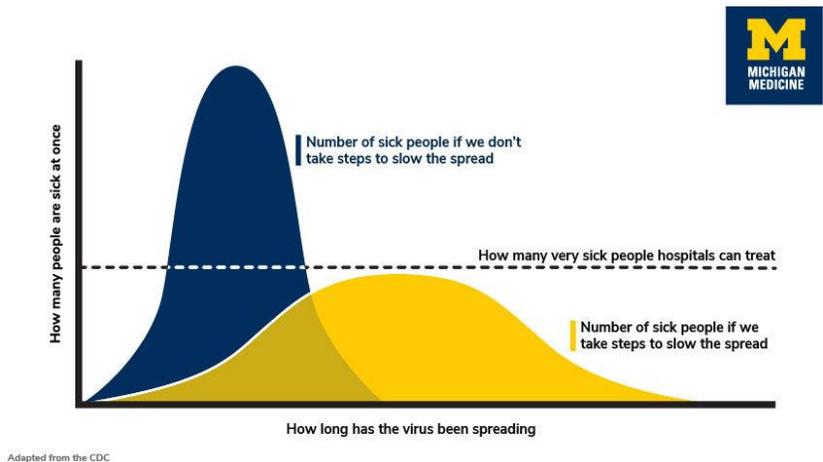
## What you should know

Coronavirus also called COVID-19 is a respiratory illness; it affects your lungs and breathing. It can lead to pneumonia, and affect other organs in your body. It is possible to help each other not get sick, if we each do our part!

One important thing to remember is that – even if we can't prevent a lot of people from catching the Coronavirus, slowing down the spread is REALLY important because it helps our healthcare systems not get overwhelmed.

## What are the symptoms?

Coronavirus looks similar to the flu but is different. If you have a fever, cough, or have trouble breathing call your doctor.



## Who is at risk?

If you are over 60 years old, or get sick easily you are more likely to get sick from the Coronavirus. It's also important to consider extra precautions if you are someone who has a pre-existing health condition (like asthma or diabetes, etc.) because even if you don't get sick easily, you may still get sicker or be a higher risk for death if you do get it.

If you are a young person who is healthy, you may not have any symptoms or get better very quickly. For young and healthy people, the most important thing for you to remember is that even if you aren't as likely to get seriously ill if you get sick, you are still able to pass it on to someone who will.

## What can I do to not get sick?

- Wash your hands with soap and warm water for at least 20 seconds. Wash often. If you don't have access to water, use hand sanitizer. You can learn how to make homemade hand sanitizer here: <http://tiny.cc/Homemadehands>
- If your hands are dirty don't touch your face, eyes, mouth or food.

- If someone you know is sick do not get close until they are better.
- If you are sick and have a home, please stay home. If you do not have a home, the shelters are recommending that you go to a local hospital to get checked out, and get information on options from there. Here are some recommendations for people living without homes: <http://tiny.cc/Covidhomeless>
- Cover your mouth when you cough or sneeze with a tissue (and then throw the tissue away right after)
- Wash or use disinfectant on things you touch often like your cellphone, computer keyboards, door knobs, light switches, and counters. (In public spaces, use a paper towel/napkin/tissue to open doors/turn on light switches and then throw it away right after!)
- If you are a drug user, here is an info sheet on safer drug use during this period: <https://tiny.cc/Drugsc19>
- If you are a sex worker, here is an article with some tips that might be useful: <https://bit.ly/3cSdCbr>

## **Frequently Asked Questions:**

### **Should I wear a mask?**

If you are sick and you have a mask, you should wear it to avoid spreading illness when you cough or sneeze. Masks will not protect you from getting sick. In most places, masks are not available, and so following the other recommendations above is even more important.

### **What should I do if I have symptoms?**

If you have a fever, cough, or a hard time breathing you should stay home if you have a place to be or if you don't have a home, keep your distance from others, and call a doctor, urgent care facility, or visit your local hospital.

### **Is there anything I should do to prepare in case I get sick?**

If you have a history of asthma, try to make sure you have an inhaler on hand (as well as any other prescription medication you normally take). Most people who get the virus are able to manage by treating it as they would bronchitis or the flu. That includes drinking fluids, using acetaminophen or ibuprofen for fever, taking cough and cold medicines, and so on. Having those items on hand (along with a thermometer and basic stock of food) can help in the event you or a family member does get sick.

### **Is there a Vaccine or specific treatment for the Coronavirus?**

No, not at this time.

*This information was gathered from the Vermont Independent Living Centers, and Centers for Disease Control and adapted by the Western Mass Recovery Learning Community. More information is available at: <https://tiny.cc/Covid19MA>*