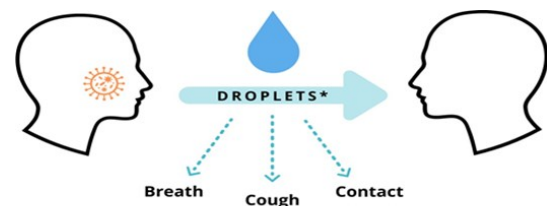


How is COVID-19 spread?

- through droplets when someone coughs, sneezes, talks or exhales
- 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



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 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 persistent pain or pressure in your chest, trouble breathing, new confusion or inability to wake, bluish lips or face, or experience another true medical emergency.

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, talk with your doctor, and call 911 if you develop chest pressure or pain, trouble breathing, or experience another true medical emergency.

How can I protect myself and others from COVID-19?

There is widespread community transmission of COVID-19. You should act as though everyone is infected, including yourself. The virus can spread even if the person who has it does not feel sick.

- Stay home as much as possible.
- If you have to go out, stay 6 feet away from other people and wear a cloth face cover.
- Wash your hands often with soap and water or use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, or mouth.
- Cover your coughs and sneezes using a tissue and then wash your hands.

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

