

COVID-19 - MANAGING SYMPTOMS & PRECAUTIONS

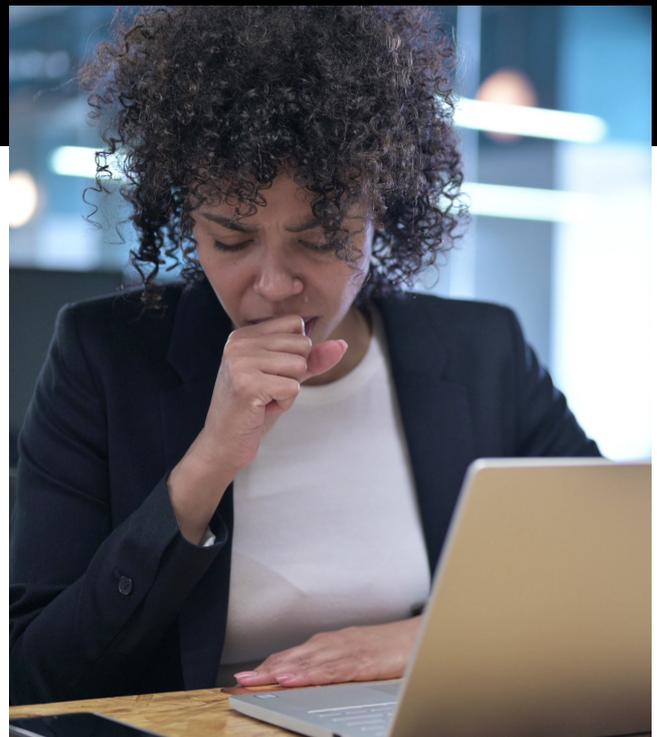
The spread of COVID-19 in Fresno County is currently HIGH.

We are two years into the pandemic and the impact is far-reaching. COVID-19 is still far from over- and the high rates of COVID-19 cases continue to burden Black communities.

Use Your Know Your COVID-19 Community Level Tool Here: bit.ly/CovidCommunityTool

You can take precautions to stay safe and lower the spread of the new variants of the virus. Get tested when experiencing symptoms and stay up-to-date with COVID-19 vaccine recommendations.

Following this guidance can help reduce the chances of you or your loved ones developing severe illness or experiencing life-threatening complications.



COMMON COVID-19 SYMPTOMS

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Test immediately if you're experiencing any of the listed symptoms.

REDUCING THE RISK OF SPREADING COVID-19

- **Social distance.** Stay home to rest and recover unless your symptoms require medical attention. Try to maintain a safe distance from loved ones. If possible, limit yourself to one area of the home. Avoid sharing household items such as dishes, beddings, towels, and toiletries.
 - **Reschedule all non-urgent medical appointments.** Notify your physician before attending the appointment.
 - **Sanitize and clean.** Cough and sneeze into a tissue and wash your hands for a minimum of 20 seconds with soap and water. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
 - **Wear a mask,** especially indoors in public spaces.
 - **In case of an emergency,** please inform emergency personnel that you have been diagnosed with COVID-19 before they arrive.
 - **Get vaccinated.** You can receive a COVID-19 vaccine as soon as your isolation period ends after you recover from COVID-19. It will help protect you against possible re-infection and spreading the virus.
- Everyone 5 years old or older are eligible to receive the COVID-19 2-dose vaccination and first booster shot.**

MANAGING YOUR SYMPTOMS

Pay attention to symptoms.

Knowing your new or worsening conditions can help prevent complications. **If you are pregnant or were recently pregnant, watch your symptoms very closely.**

Pregnant people are more likely to get very sick from COVID-19 or develop complications that affect your baby and pregnancy.

Watch for emergency warning signs:

If you experience **trouble breathing, constant pressure or pain in the chest, and the inability to stay awake or alert**, seek emergency medical care immediately.



Paxlovid & Veklury:

The United States Food and Drug Administration (FDA) has **approved antiviral medications to treat mild to moderate cases of COVID-19 infection** in children at least 12 years old and adults who are more likely to get very sick.

Paxlovid is an at-home-pill. Veklury is given through IV infusions by a healthcare provider. Talk to your provider to see if these treatments are right for you.

Get vaccinated.

You can **receive a COVID-19 vaccine as soon as your isolation period ends** after you recover from COVID-19, and it will help protect you against possible re-infection.

For more info please visit: bit.ly/CDCcovidVax

In need of COVID-19 tests, masks, sanitizers? BWPC can support you with a COVID preparedness bag. Contact us at info@black-enterprises.com