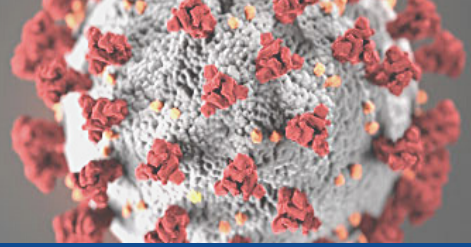


COVID-19 PREVENTION



SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1 Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 2 For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT 3 Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 website or Michigan.gov/coronavirus.

FACT 4 There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Wear a mask or other face covering to avoid the possibility that you might spread the virus to others.

FACT 5 You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

If you have additional questions regarding Coronavirus (COVID-19), please call the Bay County Health Department at 989-895-4009 ext. 6. If no one answers, leave a voicemail and you will receive a return call within 24 hours.

Bay County Government has a close partnership with the United Way of Bay County and Bay Community Foundation, so we also encourage residents to call 2-1-1 during this time if you need additional assistance or resources.

**Help us
FLATTEN THE CURVE!**



SOURCE: Center for Disease Control



FOR MORE INFORMATION PLEASE VISIT: BAYCOUNTY-MI.GOV/HEALTH