

COVID-19 INFORMATION AND RESOURCES

Count
ON ME
CLT

SYMPTOMS OF COVID-19

IT'S IMPORTANT TO WATCH FOR SYMPTOMS

- Symptoms may appear 2 to 14 days after exposure to the virus.
- If you had contact with someone with COVID-19, or are experiencing symptoms of COVID-19, GET TESTED.
- At certain testing sites, the test IS FREE. To find a test center or for more information visit: MeckNC.gov/COVID-19
- Your personal information will not be shared with anyone.
- Do not think twice about it. If you are sick, seek help.



Fever



Chills



Headache



Cough



Fatigue



Sore throat



Difficulty breathing



Muscle pain/aches



Loss/Lack of smell or taste



Nausea or vomiting



Upset stomach or diarrhea



Nasal congestion / runny nose

WHO NEEDS EMERGENCY MEDICAL ATTENTION?



Trouble breathing



Chest Pressure/Pain



Confusion/ Dizziness



Inability to wake up or to stay awake



Blue lips or face

If someone shows any of the symptoms shown, seek immediate emergency medical attention.

This list does not include all possible symptoms. Call your medical provider for any other symptoms that are serious or worrisome to you.

Call 911 or your local emergency center and tell the operator that you are seeking care for someone who has or may have COVID-19.

COVID IS NOT THE SAME AS FLU

Some symptoms between FLU and COVID-19 are similar and it may be difficult to tell them apart. To be sure, you might need to get tested. Although FLU and COVID-19 look alike, here are some of the differences between them:

- **SYMPTOMS:** Recent changes or loss of smell (not being able to smell) or taste (food doesn't taste like anything) are NOT common symptoms of FLU. If you have this symptom, then it is much more likely that you are suffering from COVID-19.
- **TIMING FOR SYMPTOMS TO DEVELOP:** A person with COVID-19 can take up to 2 weeks to develop symptoms, while flu symptoms can develop within 4 days.
- **WHEN CONTAGIOUS:** A person with COVID-19 can be contagious for about 2 days before symptoms appear and for about 10-14 days after symptoms or testing positive; while someone with the flu can be contagious from 1 day before symptoms or for about 1 week or even longer if they have weakened immune symptoms. Also, those who have COVID-19 can spread the virus without symptoms and even after they are no longer sick.
- **LEVEL OF CONTAGION:** COVID-19 is more contagious between certain people and certain ages than the flu. COVID-19 can be spread very quickly and easily and can continue infecting people as time goes by.
- **COMPLICATIONS:** People who get sick from COVID-19 are more at risk of developing serious illness, complications, and long-term health problems, which have not yet been clearly identified. School-age children infected with COVID-19 are at a higher risk of having Pediatric Multisystemic Inflammatory Syndrome. The condition is rare but is a very serious complication of COVID-19.

GET A FLU VACCINE

Each year, scientists and health experts develop seasonal flu shots to protect against the three or four flu strains that research suggests will be most common during the upcoming season. The vaccine works by triggering your body to produce protective antibodies that help prevent the flu. It lowers your likelihood of getting sick. And if you do catch the flu, it's likely to be milder than if you weren't vaccinated. A flu vaccine this season can also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients. Make a plan for you and your family to get your flu vaccine. Contact your health care provider today or visit vaccinefinder.org

IF YOU DO NOT FEEL WELL, PLEASE

- Stay home and stay away from other people.
- Evaluate if your symptoms are severe, talk to your doctor or clinic.
- Call 911 if you think it is an emergency.

For more information: www.cdc.gov/coronavirus

POSSIBLE COMPLICATIONS AND LONG-TERM EFFECTS

Even though people with COVID-19 may have very mild to moderate symptoms, the disease can cause complications and be fatal to some. Complications and long-term effects may include:

- Pneumonia, trouble breathing, lung damage, and lack of oxygen
- Failure in some organs
- Heart problems
- Blood clots in veins and arteries of the lungs, heart, legs or brain
- Kidney Problems
- Additional viral and bacterial infections

PREVENTION

Stay home and avoid going out. If it is necessary to go out, use the 3 W's to prevent the spread.

Know your 3 Ws!



WEAR

a cloth mask over your nose and mouth.



WAIT

6 feet apart. Avoid close contact.



WASH

your hands or use hand sanitizer.

MASKS & PPE FOR NC ORGANIZATIONS

If your qualifying organization is in need of Personal Protective Equipment (PPE), a request may be submitted to NCDHHS and NCDPS at:

covid19.ncdhhs.gov/information/health-care/requesting-ppe

MENTAL HEALTH, SUBSTANCE ABUSE, SUICIDE & ABUSE PREVENTION

- Hope4NC Helpline: 855-587-3463
- Hope4Healers Helpline: 919-226-2002
- Optum Hotline: 866-342-6892
- Hopeline: 919-231-4525 or 1-877-235-4525
- NC Alcohol and Drug Council: 800-688-4232 or text 919-908-3196 or alcoholdrughelp.org
- National Suicide Prevention Hotline: 800-273-TALK
- National Domestic Violence Hotline: 800-799-7233
- National Sexual Assault Hotline: 800-656-4673

FOOD, MEDICAL ASSISTANCE, HOUSING, OTHER SUPPORT RESOURCES, AND MORE INFORMATION

Due to the COVID-19 pandemic, requests for food, housing, mental health, healthcare, and educational services and other assistance has only increased. Please share the following information with others in case they or someone they know is in need of assistance. Resources provided by the NCDHHS and the State of NC:

- COVID-19 Assistance Hotline: 211 or (888) 892-1162 or Text [COVIDNC](https://covidnc.com) to 898-211
- Apply for Medical Assistance or Food Stamps: epass.nc.gov
- WIC nutrition for women, infants, & children: nutritionnc.com/wic/wic-referral.asp
- Find Area Food Banks: feedingthecarolinas.org/locations/
- Other Mecklenburg County resources: mecknc.gov/covid-19

REPORT UNSAFE WORKING CONDITIONS

If you believe your working conditions are unsafe or unhealthful or you would like to report hazardous conditions at your worksite, please contact the:

- OSH Complaint Desk : 919-779-8560 or 1-800-NC-LABOR (1-800-625-2267)



Atrium Health

WHO IS AT RISK OF SERIOUS ILLNESS?

In general, people who may be more at risk of serious illness include:

- People over 65 years old
- People who live in a nursing home or long-term care facility
- People who may be pregnant
- People of all ages with underlying medical conditions, particularly if those conditions are not well controlled
- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- Immunocompromised people
- People with severe obesity (body mass index of 40 or more)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

BEFORE GOING TO GET TESTED, YOU SHOULD KNOW THAT:

- Your personal information is private and strictly confidential.
- Many testing centers offer FREE or "\$0 out-of-pocket cost" testing.
- While some locations may request identification or insurance cards, this information is generally not required.
- Most testing sites, including Atrium Health and Novant Health, do not share anyone's immigration status and do not report if a patient is undocumented.
- For more information, contact your local testing site or review the website for the organization sponsoring the testing before showing up.
- You can find a testing center near you at: MeckNC.gov/COVID-19
- Wear a cloth mask over your nose and mouth when visiting testing centers. If you do not have one, some testing centers can provide one for you.
- It is probable that you may have to wait a while to be tested.
- Your test results reflect your status on the day of your testing. If you have possibly been exposed to someone who might have COVID-19 or to large crowds since your last test, you would need to be tested again.

TAKE THE TEST IF:

- You are experiencing symptoms of COVID-19 (Read the back to identify the symptoms)
- You were in close contact with someone with COVID-19.
- You are an elderly person and are at risk from other health conditions or from your work environment.
- You recently attended a mass gathering or protest.
- You recently attended a gathering with people who do not live with you and you did not wear a mask, especially if you did not social distance.
- It is recommended to take the test 4-7 days after suspected exposure.

LEARN WHERE AND WHEN YOU SHOULD BE TESTED

Find sites near you in **Mecklenburg County**: MeckNC.gov/COVID-19

Or Find NCDHHS no-cost sites Go to: ncdhhs.gov/testingplace

Click on community testing events

Click on the header "DHHS Event" in the table

LATEST NEWS ON TREATMENT OPTIONS

Stay up to date on the latest treatment protocols as they are updated here: covid19treatmentguidelines.nih.gov/whats-new/



Carolina Business Alliance