

COVID-19 Information Sheet

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 following symptoms, 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:

- 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.
- A person with COVID-19 can take up to 2 weeks to develop symptoms, while flu symptoms can develop within 4 days.
- A person with COVID-19 can be contagious for up to two weeks, while someone with the flu can be contagious for 1 week. Also, those who have COVID-19 can spread the virus without symptoms and even after they are no longer sick.
- 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.
- 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.
- People who get sick from COVID-19 are at risk of developing complications and long-term health problems, which have not yet been clearly identified.

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 effect 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.

FOR MORE INFORMATION, VISIT: CountOnMeCLT.com

PREVENTION

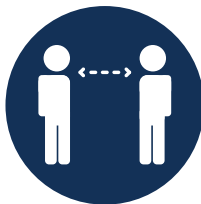
Stay home, avoid going out. If it is very necessary to leave, use the 3 W's to prevent contagion

3 W's: THE KEYS AGAINST COVID-19



WEAR

Always wear a masks or face mask.



WAIT

6 feet (2 meters) away of others.



WASH

Wash hands often and avoid touch your face.

THE USE OF MASKS ARE REQUIRED IN N.C.

RISK OF INFECTION

COVID-19 Carrier	Uninfected Person	
		VERY HIGH
		HIGH
		MEDIUM
		LOW
		VERY LOW
		VIRTUALLY NONE

FREE MASKS

There are many places that are giving away free masks. To find a place near you, visit:

[CountOnMeCLT.com](https://www.CountOnMeCLT.com)



Atrium Health

WHO IS AT RISK OF SERIOUS ILLNESS?

- People over 65 years old.
- People who live in a nursing home or long-term care facility.
- Pregnant people.
- People of all ages with underlying medical conditions, particularly if they 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 [imc] 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:

- Some testing centers offer FREE testing and DO NOT require insurance, identification, or any other form of documentation.
- You can find a testing center near you through the website or call for more information.
- Wear cloth mask 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.
- Call 704 468 8888 if you would like to make an appointment for the test with Atrium.

TAKE THE TEST IF:

- You are experiencing symptoms of COVID-19? (Read the back to know the symptoms)
- You were in close contact with someone with COVID-19.
- It is recommended to take the test 4-7 days after suspected exposure/after exposure.
- You are an elderly person and at risk from other health conditions or work environment.
- You recently attended a mass gathering or protest.

LEARN WHERE AND WHEN YOU SHOULD TEST

[MeckNC.gov/COVID-19/](https://www.MeckNC.gov/COVID-19/)



Carolina Business Alliance

FOR MORE INFORMATION, VISIT: [CountOnMeCLT.com](https://www.CountOnMeCLT.com)