

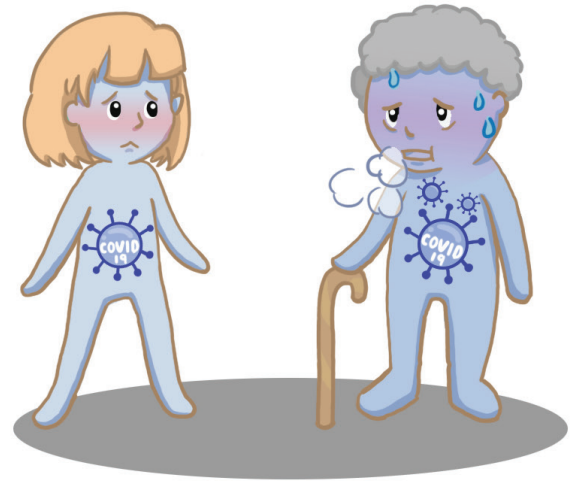
# WHAT IS COVID-19?

Many people are getting a new sickness.

The sickness is caused by a virus, which is a type of germ you can't see.

This new virus is called **COVID-19**. Some people call it **coronavirus**.

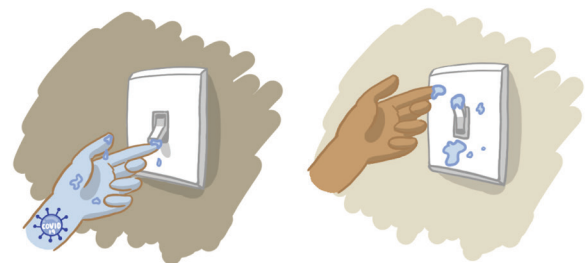
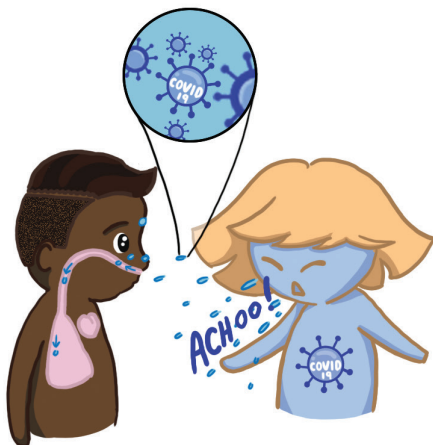
Some people feel a little sick. Some people feel very sick.



## HOW DO PEOPLE GET SICK FROM COVID-19?

People with COVID-19 sometimes cough or sneeze.

If someone sick from COVID-19 coughs or sneezes near you, you could get sick too.



If a sick person has touched something like a doorknob or a light switch, that thing may have COVID-19 on it now.

If you touch that thing then touch your face, you could get sick.

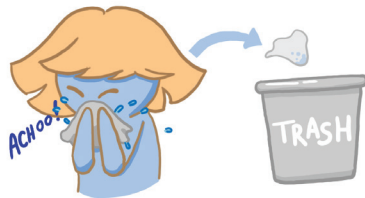
# HOW DO YOU PROTECT YOURSELF AND PEOPLE AROUND YOU FROM GETTING SICK FROM COVID-19?

## DO

Cough or sneeze into your elbow or a tissue.



Throw used tissues away.



Wash your hands with a lot of soap and water.



Try to stay at home as much as possible.

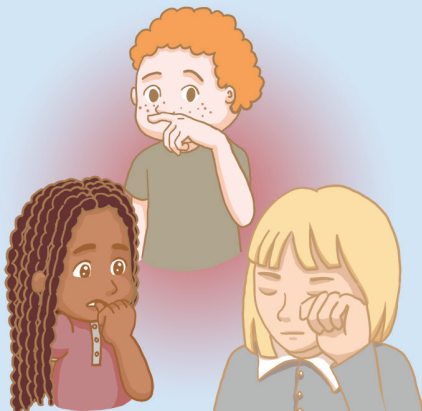


Clean things in your house that people touch a lot.



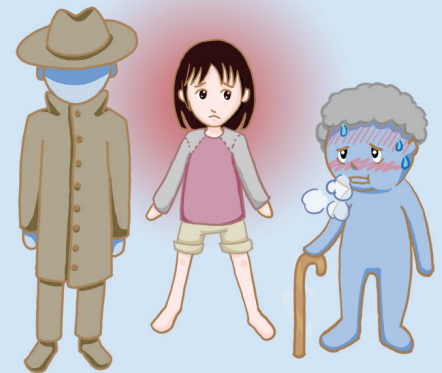
## DON'T

Don't touch your face.



Don't stand close to sick people or strangers.

Strangers may be sick.



# WHAT SHOULD YOU DO IF YOU THINK YOU MIGHT HAVE COVID-19?

## CALL 911 IF YOU HAVE...

Call 911 on the phone **AND** ask somebody for help as fast as you can.

## TROUBLE BREATHING OR TALKING WHILE RESTING



## TAKE YOUR TEMPERATURE & ASK FOR HELP IF YOU FEEL...



### FEVERISH

- hot
- cold
- sweaty
- shivering

### COUGH

- coughing up nothing
- coughing up mucus

### TROUBLE BREATHING

- breathing fast or heavy
- not enough air in lungs
- hard time finishing sentences
- hard to take big breaths
- tight or pain in your chest when you breathe
- like you just ran around even if you're resting



You might have **COVID-19**.

Check your temperature using a thermometer.

If your temperature is more than 100 degrees F, tell someone you trust right away.

# WHAT SHOULD YOU DO IF YOU THINK YOU MIGHT HAVE COVID-19?

**TALK TO SOMEONE IF YOU FEEL...**



**SORE  
THROAT**



**RUNNY NOSE**



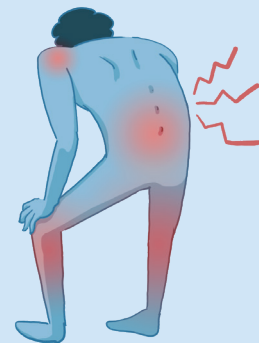
**STOMACHACHE/  
DIARRHEA**



**LESS  
HUNGRY**



**TIRED**



**MUSCLE  
PAIN**

**You might have COVID-19, but you shouldn't worry.**

**Stay home to protect yourself and other people.**

**Tell someone you trust how you are feeling.**

# DO THINGS THAT MAKE YOU HAPPY!



**A lot of things are changing.**

**You will probably be apart from many people you care about.**

**It's normal to feel sad, worried, or lonely.**

**Talk to someone you trust about your feelings.**

**Talk to people you care about over the phone or internet.**

**Do things inside your home that make you happy.**



**Access COVID**, an accessible COVID-19 guide for everyone, is brought to you by a caring team of medical students and health professionals at NYU, Pitt, WashU, and the St. Louis Arc.

For more information contact [accesscovid@gmail.com](mailto:accesscovid@gmail.com)

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