

# Protect Your Community: Stop the Spread!



## Who is most likely to get really sick?

- People over 65 years old
- People who are on dialysis
- People with chronic health problems like:
  - Heart disease
  - Diabetes
  - Lung disease (like asthma or COPD)
  - Cancer
  - Any conditions that make the immune system weaker



## What are the signs of having COVID-19?

It can take between 2 and 14 days to start having COVID-19 symptoms.

People with COVID-19 might have:

- A fever
- A cough
- A hard time breathing normally
- New loss of taste or smell

## How can you keep yourself and others safe from COVID-19?



### Wash your hands

- Wash for at least 20 seconds
- Use warm water and soap



Do not touch your face, nose, eyes, or mouth with unwashed hands



When out in public, wear a cloth face covering over your nose and mouth



Avoid close contact with other people

We all need to practice social distancing:

- Only go out in public if you absolutely need to, like for food, water, or health care
- If you are not feeling well, do not go out in public
- If you are out in public, stay at least 6 feet away from others. Hold your arms out to the sides to see how far away you should be.

These things can be hard, but they are important. Social distancing can save lives!

Need help with social services? Call 211 or visit [www.mi211.org](http://www.mi211.org)