You Can Help Your Community
Stop the Spread!

As of 12/15/2020: 442,715 confirmed cases and 10,935 deaths in Michigan

Who can get and spread COVID-19?
Anyone can get and spread COVID-19.
People with chronic health problems (like asthma or diabetes) and older people are most likely to get very sick from COVID-19. However, people of any age or race can get very sick from COVID-19 and can die. All of us are at risk!

What are the signs of having COVID-19?
People with COVID-19 might have:
- A fever
- A cough
- A hard time breathing normally
- New loss of taste or smell
Some infected people never show symptoms. You can still spread COVID-19 even if you don’t have symptoms.

What can you do to keep yourself and others safe?

- Wash your hands
  - Wash for **20 seconds** using 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 and physical distancing:
  - Only go out in public if you really need to (like for food, water, or health care)
  - If you go out, **wear a mask or face covering** to prevent spreading germs
  - If you feel sick, **do not** go out in public
  - Stay at least **6 feet away** from others

This might be hard to do, but it’s important and **can save lives**!

Need help with social services? Call 211 or visit www.mi211.org

Need mental health support? Call 888-733-7753 (available every day 10:00am - 2:00am)

Last updated: 12/15/2020
Sources: Centers for Disease Control and Prevention, Michigan Department of Health and Human Services