

COVID-19 BASICS

COVID-19, also known as the Corona Virus, is a virus that effects the respiratory system.

It spreads easily by human to human contact. It can be fatal and no vaccine currently exists. It is a new disease and has spread to most every corner of our planet. It was declared a worldwide pandemic in March.

How Does The Virus Spread?

By direct person to person contact

By people being close to one another, mainly through people's breath when an infected person coughs, sneezes, or talks.

How Can I Keep My Children Healthy?

Encourage your child to help stop the spread of COVID-19 by teaching them to do the same things everyone should do to stay healthy.

Be a good role model.

Make hand-washing a family activity

Get them a cool mask that they will be excited to wear.

What Should I Do If I Or Someone I Live With Gets Sick?

Most people who get COVID-19 are able to recover at home. Stay home when you are sick, except to get medical care.

Use a separate room and bathroom for sick household members (if possible).

Wash your hands often with soap and water for at least 20 seconds,

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Provide your sick household member with clean disposable face masks to wear at home, if available, to help prevent spreading COVID-19 to others.

Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person.

Why Should I Wear A Mask?

Masks may slow the spread of the virus and help people who may have the virus and do not know it from spreading it to others.

The virus travels through your breath. A mask can hold the droplets you exhale.

The virus can be spread even if no symptoms exist.

How Can I Protect Myself?

Wash your hands often with soap and water.

Use hand sanitizer if soap and water are not available.

Don't touch your face with unwashed hands.

Avoid close contact with people.

Keep at least 6 feet away from people who don't live in your household.

People without symptoms are able to spread the virus.

What If I Come In Contact With Someone Who Has It?

Anyone who has had close contact with someone with COVID-19 should stay home for 14 days after their last exposure to that person.

Get tested if you are able to. Decisions about testing are made by state and local health departments and healthcare providers.

It is possible to spread the virus even if you do not have any symptoms.

When Should I Seek Emergency Care?

If you are showing/experiencing any of these signs:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

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What Is Contact Tracing?

Contact tracing is used by public health officials to see who may have been exposed to a virus. By knowing who has been in “contact” with the virus, it’s possible to know where it’s going and stop it from spreading

Contact tracing has been used for decades by state and local health departments to slow or stop the spread of infectious diseases.

Why Should I Stay Home?

COVID-19 travels from person to person. If people stop or reduce contact with other people it’s very hard for the virus to spread.

Community mitigation (staying at home), activities are actions that people and communities can take to slow the spread of infectious diseases, and prepare for it if it occurs, including COVID-19.

Community mitigation is especially important before a vaccine becomes widely available.

I Was Around Someone With COVID But I Feel Fine.

If you think you may have been exposed to COVID-19, contact your healthcare provider.

Not everyone who has the virus has symptoms.

Anyone who has had close contact with someone with COVID-19 should stay home for 14 days after their last exposure to that person.

Get tested if you are able to.

It is possible to spread the virus even if you do not have any symptoms.

Contact your county health office.

COVID-19 has disrupted every part of life, including yours. NorthLakes is here to help you. Contact us if you need help with insurance, healthcare, or any other change that COVID-19 may have brought about.

Call us!

888.834.4551

For more information visit us online:

<https://nlccwi.org/for-our-patients/covid-19/>

Should I Travel?

Travel increases your chance of getting and spreading COVID-19.

Staying home is the best way to protect yourself and others from COVID-19.

You can get COVID-19 during your travels. You may feel well and not have any symptoms, but you can still spread COVID-19 to others.

You and your travel companions (including children) may spread COVID-19 to other people including your family, friends, and community for 14 days after being exposed to the virus.

What Precautions Should I Take If I Do Travel?

Travel increases your chance of getting and spreading COVID-19. You should not travel if you are sick or have been around someone with COVID-19 in the past 14 days.

If you travel:

- Stay at least 6 feet (about 2 arms length) from anyone who is not from your household.
- Wear a mask to keep your nose and mouth covered when in public settings.
- Wash your hands often or use hand sanitizer.
- Avoid contact with anyone who is sick.
- Avoid touching your eyes, nose, and mouth.
- Do not travel with someone who is sick.

The safest food options: bring food from home, drive-thru, delivery, take-out, and curbside pick-up.

Follow state and local recommendations or requirements after you return from travel.

COVID-19 Has Created Challenges For My Family.

Consider connecting with NorthLakes Community Resource. It's a great way to connect to different kinds of help, from insurance enrollment, financial aid, to stress management.

Call us 888.834.4551 or learn more online:

<https://nlccwi.org/for-our-patients/covid-19/>

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