COVID-19 is a new illness spreading around the world. COVID-19 is also called coronavirus.

**Symptoms of COVID-19**
- Coughing
- Fever of 100.4 degrees or higher
- Hard time breathing

**How Do You Get Sick with COVID-19?**
You can become sick with COVID-19 after someone who is sick with the illness gives you their germs. You can get someone's germs when they cough or sneeze. These germs stay in the air. They then get on to your body and on to your things. These germs get inside your body through your mouth, nose, and your eyes, and can get you sick. It might take 2 to 14 days to feel symptoms.

**COVID-19 in Arizona**
Different parts of the United State are seeing different levels of COVID-19 activity. Currently in March 2020, Arizona has community spread of COVID-19. This means people in Arizona have been sick with COVID-19, who do not know how they came into contact with the virus.

**COVID-19 HOTLINE:**
1-844-542-8201

**Who to Contact?**
How Can You Protect Yourself FROM COVID-19?

There is no vaccine for COVID-19. The best way to prevent getting sick is to avoid the virus.

Wash Hands & Clean Surfaces
- Wash your hands often with soap and water for at least 20 seconds each time.
- Clean and disinfect frequently touched surfaces every day. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

Avoid Crowds and Touching
- Avoid touching your eyes, nose, and mouth.
- Avoid crowds or large groups of people and stay away from people who are sick.
- Avoid close contact with others. Try to stay 6 feet (2 meters) apart from other people.

Create an Emergency Contact List
Include everyone in your support system from family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

ADDITIONAL INFORMATION:

- Arizona Department of Health Services
  www.azdhs.gov

- Administration for Community Living
  www.acl.gov

- Centers for Disease Control & Prevention
  www.cdc.gov

Information by and for People with Disabilities

This material was put together by the Arizona Developmental Disabilities Planning Council and Arizona Statewide Independent Living Council with funding from the Arizona Department of Health Services.
How to STOP THE SPREAD COVID-19

Even if you are young and healthy, you are still at risk of getting sick with COVID-19 and your activities can increase the risk to others. Follow these guidelines to do your part to stop the spread of COVID-19.

Stay Home When Possible
- If your work or school allows for it, do your work or school work from home.
- Avoid social gatherings in groups of more than 10 people.
- Avoid eating or drinking at bars, restaurants, and food courts.
- Avoid shopping trips and social visits.
- Avoid visiting nursing homes, or long-term care facilities unless to provide critical assistance.

Practice Good Hygiene
- Wash your hands often, especially after touching any frequently used item or surface. Be sure to wash your hands with soap and water for 20 seconds.
- Avoid touching your face, especially your nose and mouth. Avoid rubbing your eyes.
- Sneeze or cough into a tissue or tuck your nose and mouth inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

Listen to and follow the directions of your state and local government.
Arizona Department of Health Services
WWW.AZDHS.GOV

COVID-19
Hotline: 1-844-542-8201
I Have Symptoms of COVID-19! Now What?

If these things happen to you, it does not mean you have coronavirus. Lots of people get a fever or cough. You might have the common cold or seasonal flu. **It is important to stay home if you are sick to avoid getting someone else sick.**

Is There Treatment?

There is no treatment for COVID-19. Most people do not get very sick from COVID-19. People can treat themselves at home, like having a cold or flu, by drinking water and resting.

When Do I Call a Doctor?

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include:

- Difficulty breathing
- Persistent pain or pressure in the chest
- Being confused or unable to wake up
- Bluish lips or face

If you are experiencing some or all of the symptoms and you are over the age of 60, or if you have a chronic medical condition, you should call a doctor or emergency medical clinic right away.

Some offices will have you wear a mask before entering. Call the office before you arrive to learn their policy.

**Always contact your medical provider for any symptoms that are severe or concerning.**