

COVID-19: SYMPTOMS & PRECAUTIONS

Our immunity against COVID-19 has grown due to vaccination, earlier infection, or both. COVID-19 still spreads easily and some people still get very sick and are hospitalized.



COMMON COVID-19 SYMPTOMS

Pay attention to your new and worsening symptoms, including:

- Cough
- Shortness of breath or trouble breathing
- Fatigue
- Weak muscles or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Upset stomach or vomiting
- Diarrhea

EMERGENCY WARNING SIGNS

Get emergency medical care right away if:

- You have sudden-onset confusion
- You have pale, gray, or blue-colored skin, lips, or nail beds
- You experience trouble breathing
- You have constant chest pain or pressure
- You are not able to stay awake or alert
- You have a fever over 104°F
- ***Your baby (3 months old or younger) has a fever of 100.4°F (38°C) or higher***

REDUCE THE SPREAD OF COVID-19

- **Air out rooms often!** Open windows and use air purifiers
- **Move gatherings outside** if it is not too hot or cold
- **Wash your hands with soap and water**, use hand sanitizer, and disinfect surfaces often
- **Get tested** if you were exposed
- **Wear a fitted mask around others** if you were exposed, have symptoms, or tested positive for COVID-19
- **Know the symptoms** and emergency warning signs
- **Stay home and away from others until at least 24 hours** after your symptoms are better and you do not have a fever (without using fever-reducing medication)
- **Continue to use precautions** that reduce the spread of COVID-19, even after your symptoms are improving
- Talk to your provider or pediatrician and insurance about **your options to get vaccinated**. Vaccines are the most effective protection against COVID-19

TREATMENTS: PAXLOVID & VEKLURY

The U.S. Food and Drug Administration (FDA) has **approved antiviral medications to treat mild to moderate cases of COVID-19 infection** among those who are more likely to get very sick.

Talk to your provider to see if these treatments are right for you. Do not delay treatment!

- Paxlovid is a pill you take at home
- Veklury is given through IV infusions in a healthcare facility

COVID-19 & PREGNANCY

If you are pregnant, were recently pregnant, or have a weakened immune system, you are at **higher risk of getting sick**.

The American College of Obstetricians and Gynecologists (ACOG) **recommend that you get vaccinated** against COVID-19 if you are planning to become pregnant, are pregnant, were recently pregnant, or breastfeeding.

Data show that **COVID-19 vaccination helps in reducing pregnancy complications** such as preterm birth.

NEED HELP DISCUSSING VACCINE OPTIONS WITH YOUR PROVIDER, PEDIATRICIAN, OR INSURANCE?

CALL **559-767-1756** TO CONNECT WITH A BWPC COMMUNITY HEALTH ADVOCATE TODAY!

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