

COVID-19 - MANAGING 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.

GOOD NEWS: We now know more about how to protect ourselves!



COMMON COVID-19 SYMPTOMS

- Fever or chills
- 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

Keep track of new or worsening health problems to help prevent complications. Get emergency medical care right away if you:

- Have "new confusion"
- Have pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone
- Trouble breathing
- Constant chest pain or pressure
- Are not able to stay awake or alert

REDUCING THE SPREAD OF COVID-19

- Air out rooms often! Open windows and use air purifiers
- Wear a mask
- If it is not too hot, move indoor activities or gatherings outside
- Protect yourself: use hand sanitizer, wash your hands often with soap and water, and disinfect surfaces often
- Get tested if you were exposed
- If you were exposed, have symptoms, or tested positive for COVID-19, wear a mask around others
- Know the symptoms, including emergency warning signs
- Stay home and away from others until at least 24 hours after your symptoms are better and you don't have a fever (without using medicine)
- Continue to use safety precautions that reduce the spread of COVID-19, even after your isolation period is over
- Keep your COVID-19 vaccination up to date! Vaccines provide the longest and best protection against getting sick

Everyone 6 months old or older are eligible to get the updated COVID-19 vaccination that protects against COVID-19 and evolving variants.

COVID-19 & PREGNANCY

If you are pregnant, recently pregnant, or have a weakened immune system, you are at higher risk of getting sick. COVID-19 infections can cause your baby to be born too early (preterm birth) and too small.

Fever during pregnancy can lead to health risks for both the mother and baby

- Fever is a body temperature of **100.4° F (38°C) or higher**
- If a **3 months old baby or younger has a fever** of 100.4°F (38°C) or higher, call the doctor right away

COVID-19 vaccines are safe for pregnant and breastfeeding people, and babies 6 months and older.

Getting vaccinated can help keep you and your baby safer and healthier.



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 doctor 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

Get vaccinated against COVID-19 with the most updated vaccine. Vaccines give you much better protection in the future.

Call us today at 559-767-1756 to get help finding a vaccine provider.

Sources: bit.ly/CDCcovidVax