

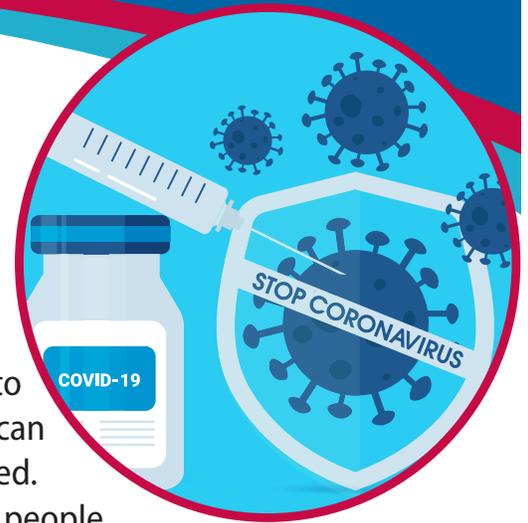


# Education for Lifelong Health

## What I should know about COVID-19

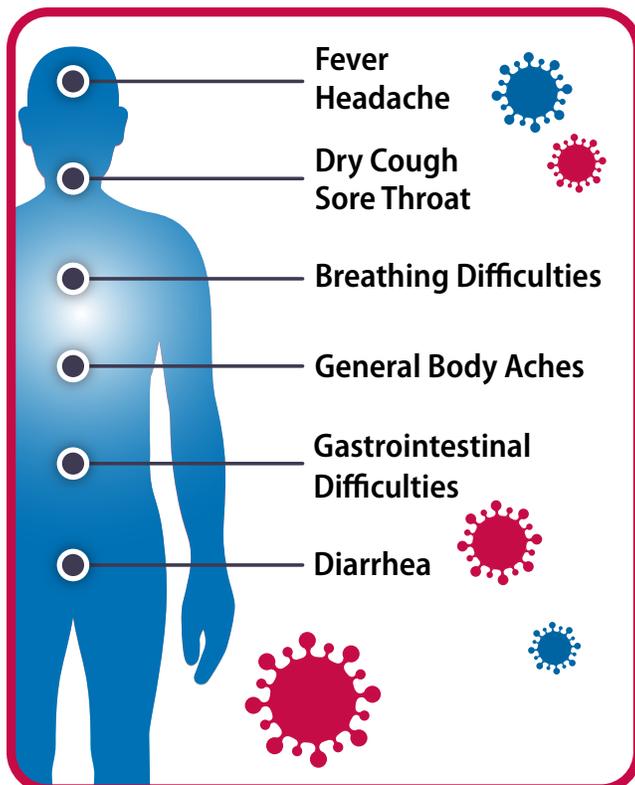
### What is COVID-19?

COVID-19 is a virus like the flu. It can spread when people are close to each other. It can spread when people cough or sneeze near you. It can spread touching things that people who have COVID 19 have touched. COVID-19 has spread around the world and has killed over 4 million people. It spreads fast and is a very serious health issue for everyone.



### How does COVID-19 affect people?

COVID-19 affects people differently. Some people will get sick. Some will get so sick they will need to go to a hospital. Some people will die – many Americans have already died from COVID-19. However, some people will just feel under the weather, and some may feel fine.



### What are the symptoms of COVID-19?

There are many ways that COVID-19 could make you feel ill.

- Some people may find it hard to breathe.
- Some people will have a fever or chills.
- Some people will have a nasty cough.
- Some people will have a very bad headache.
- Some people will feel very tired.
- Some people will have aches and pains.
- Some people will have an upset stomach or diarrhea.
- Some people will notice they can't taste or smell things they normally can.

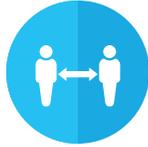
## How can I protect myself from Covid-19?



**Get vaccinated** with a COVID-19 vaccine.



**Wear a mask** to protect everyone.



**Stay at least 6 feet away** from people outside your home.



**Wash your hands** often with soap and water – wash them for 20 seconds each time.



**Use hand sanitizer** only if you can't use soap and water – rub the sanitizer all over your hands, and rub until they feel dry.



**Stay away from people who are sick** with COVID-19.

## What are Vaccinations?

Vaccinations work by preparing your body to defend itself against a disease (like a yearly flu-shot). Scientists have made vaccinations that can prevent people from dying from COVID-19. The vaccines work in two ways. First, they might stop you from getting COVID-19 at all. Second, if you still get COVID-19, you will not be as sick.



## What vaccinations can I use for COVID-19?

The vaccinations are known by the company that makes them. These are Pfizer (say “fi-zer”), Moderna, and Johnson & Johnson. You will have an injection in your arm. The Pfizer and Moderna vaccines require 2 separate shots. With the Pfizer and Moderna vaccines, you should get a booster (an extra shot), 8 months after the second dose.



**Pfizer** - you have the 1st shot then another after 3 weeks.

If you can't get the 2nd shot in the recommended time – you should still get the shot as soon as possible. The 2nd shot helps increase the protection these vaccines can give you.



**Moderna** - you have the 1st then another after 4 weeks.



The **Johnson & Johnson** vaccine only requires 1 shot. This may be your best choice if you don't like shots!