



Education for Lifelong Health

What I should know about COVID-19

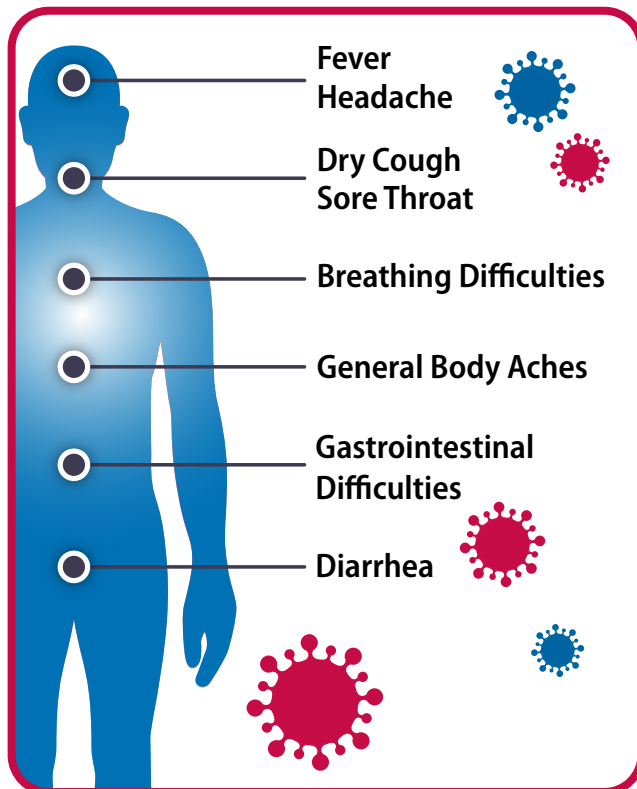
What is COVID-19?

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 from touching things that people who have COVID 19 have touched. COVID-19 has spread around the world and has killed over 5.5 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.

