

Know the Facts



COVID-19 Spreads Easily?

- The virus that causes COVID-19 spreads more easily than the flu.
- People who are too close together are at greatest risk of getting infected.
- That's why you shouldn't go to that Sweet Sixteen, where you know everyone isn't vaccinated!



How does it spread?

- Like good gossip, COVID-19 is spread by people! When we cough, sneeze, sing, talk, or breathe we spread respiratory droplets.
- These droplets, big or small, stay in the air and we are infected when exposed to them, usually when in close contact with other people.
- Although not as common, we can be infected by touching a surface or object that has the virus on it and then touching our own mouth, nose, or eyes.
- Like we tell our kids before dinner, wash your hands!



What are Variants?

- Viruses constantly change in how they act and look, sometimes changing to NEW version of the virus over time. These are called variants.
- New variants of COVID-19 are expected, that's why it's important to stay informed, like that nosy neighbor who knows all your business.

Do I have the Flu or COVID-19?



- COVID-19 symptoms can look like other common respiratory infections, like the flu.
- You can have both at the same time!
- The only way to know if it's "the rona" is to get tested.

When is it an Emergency?



If you or someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- Confusion
- Inability to wake or stay awake
- Bluish lips or face

Call your doctor or clinic if you have these or other symptoms and get tested for COVID-19 right away. Knowledge is power and there is power in health!

Visit www.poderensalud.org for more information.