WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS (COVID-19)

EQUALITY
HEALTH
Foundation™

We're all in this together. And at Equality Health Foundation, we're here to make sure you and your family are safe, cared for and informed. Here's what you need to know right now.

COMMON SYMPTOMS OF CORONAVIRUS:

Fever

Cough

Shortness of breath

TIPS FOR STAYING HEALTHY:

Wash your hands with soap and water

Don't touch your face

Avoid close contact with someone who's sick

Clean and disinfect surfaces and objects people frequently touch

Stay home as much as possible, even if you feel well

Stay informed with accurate information

WHAT TO DO IF YOU FEEL SICK:

Stay home

Most people with coronavirus have mild to moderate symptoms and can recover at home. Rest up and prevent germs from spreading by staying home and away from others for 14 days.

Get assessed and cared for from home

For more mild symptoms, keep yourself and others safe by getting medical care from the comfort of home. If you need help, use our free COVID-19 risk assessments to get care recommendations. Take our free COVID-19 risk assessment at equalityhealth.com/COVID19, or call at 602-889-9401.
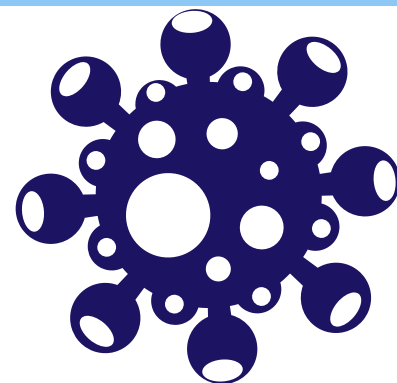
Call ahead for in-person care

If you need in-person care for severe respiratory symptoms, call before you arrive at the doctor's office, urgent care or emergency room. This will help your healthcare providers take steps to get you the right care and keep others from being exposed.

! **If you have a life-threatening emergency, call 911.**

equalityhealthfoundation.org/testing