

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

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**

## 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, visit [equalitycarecenter.com](https://www.equalitycarecenter.com) or call 602-889-9401.

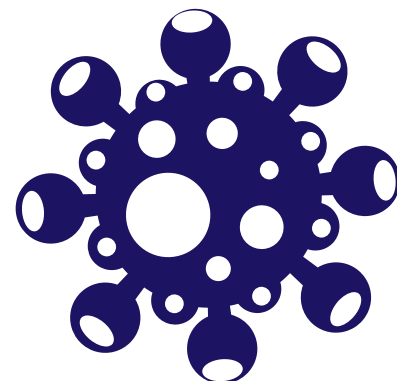
### Call ahead for in-person care



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.**



## 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**