

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

TIPS FOR STAYING HEALTHY:

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:



Come in and get tested if you have any of the following COVID-19 symptoms: **Fever or chills; cough; shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting, and or diarrhea.**

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 via a telehealth visit. 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.



Wash your hands frequently and for at least 20 seconds each time



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