

# COVID-19 PREVENTION

MAY 2020



## COVID-19 IS A SERIOUS RESPIRATORY ILLNESS THAT CAN SPREAD FROM PERSON TO PERSON

You're at a **HIGHER RISK** if you or your family members are...

- Elderly (60+ years of age)
- Pregnant or breastfeeding
- Immunocompromised
- Dealing with a serious health condition, such as HIV, heart disease, lung disease, asthma, or cancer



Find creative ways to socially distance, release energy, and stay well:

- Read, do arts and crafts, exercise, meditate, and find other ways to positively reduce stress.
- Avoid playground equipment.
- Use online social networking.

Protect yourself and your family by knowing **common symptoms** of COVID-19, such as:



- ➔ Fever or chills
- ➔ Diarrhea
- ➔ Difficulty breathing
- ➔ Shortness of breath
- ➔ Coughing, sneezing
- ➔ Sore throat
- ➔ New loss of taste or smell

**If you suspect you have COVID-19, call a doctor or 911 right away. Stay away from others.**

Steps to keep yourself safe and prevent the further spread of COVID-19:

1. Stay home unless absolutely necessary.
2. Wear masks or coverings over your mouth and nose outside the home. Avoid touching your face.
3. Keep space (**6 feet or more**) between yourself and others.
4. Regularly wash your hands with soap and water for 20 seconds.
5. Cover your cough and sneezes.
6. Clean and disinfect frequently touched surfaces including delivered packages.
7. Avoid gathering in groups more than 6.



This flyer was created as a resource for HUD residents.  
Learn more at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).