

# Facts about COVID-19 / Coronavirus



Symptoms are similar to the flu: coughing, fevers, and shortness of breath. The virus spreads in two main ways:

- A sick person coughs or sneezes very tiny droplets full of the virus. A well person close by (within 6 feet) gets those droplets in their nose or mouth, or into their lungs.
- The droplets land on a surface or objects, or from the sick person's hand after covering a cough. A well person touches something with the virus on it, then touches their own nose or mouth or face.

## **Be aware of your most vulnerable neighbors**

Anyone can get infected. Most people have mild symptoms and get better on their own.

Some people get very sick, especially those who are older or have other serious health conditions (heart or lung diseases or weak immune system). The back of this card tells you when to get help.

## **Help limit the spread of infections**

Wash your hands when you can, especially with soap and warm water. Or use sanitizer. Both can help.

Avoid touching your nose, eyes and mouth.

Avoid sharing personal items — cigarettes, food, utensils etc. — as much as possible.

If you have a new cough and might be sick, cover your nose and mouth with a mask or bandana, or stay 6 feet away from others as much as possible. Try to spread out your camp. If possible, sick people should sleep separately from well people.

## Taking care of a sick person

There is no specific medicine for COVID-19.

Mildly sick may look like: cough, sneezing, sore throat, fever and aches.

Try: sleep, rest, Tylenol or Advil as needed (acetaminophen or ibuprofen), and drink fluids.

If someone gets very sick, get medical help right away. That looks like difficulty breathing, pain or pressure in the chest or abdomen, or they're unable to drink or keep liquids down.

An ambulance will come like usual if you call 911. The paramedics will be wearing extra masks and coverings to keep themselves healthy so they can keep working.

**Stay up-to-date**  
Ask an outreach worker, call 211, or  
google "Multnomah COVID-19."



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