What do YOU need to know about CORONAVIRUS (COVID-19)?

What is coronavirus?
- Coronavirus Disease 2019 (COVID-19) is a new respiratory illness that can spread from person to person.
- Common symptoms include fever, cough, and shortness of breath.
- Most people who have coronavirus will feel like they have a bad cold or flu. Some people will have worse symptoms and will need to go to the hospital.

What should I do to prevent the spread of coronavirus?
1. **Wash your hands** often with soap and water or use an alcohol-based hand sanitizer. When washing your hands, scrub for at least 20 seconds.
2. **When coughing or sneezing, cover your mouth and nose** with a tissue or your sleeve (not your hands), and throw the tissue away.
3. **Avoid touching your eyes, nose, or mouth.**
4. **Avoid close contact with people who are sick.** Close contact includes handshakes, hugs, kisses, eating from the same plate, etc.
5. **If you are sick, stay home.**
6. **Clean frequently touched surfaces** such as doorknobs, door handles, handrails and telephones using a disinfectant that is EPA approved for killing bacteria and viruses.
7. **Get your flu shot** if you haven't received it yet this season. Flu shots do not prevent coronavirus, but a flu shot can prevent other similar illnesses and keep you healthy.
8. **Adults 65 years & older and all those with underlying health conditions, including heart disease, diabetes, and lung disease, should take extra precautions:** Avoid crowds, avoid non-essential travel such as long plane trips and especially cruise ships, and have an extra supply of medication on hand.

What if I am sick?
If you have a fever, a cough, or shortness of breath, **you should stay home and call your doctor**. You should not go to a hospital or emergency room without notifying your doctor first. If you have difficulty breathing, chest pain, or other emergency symptoms, go to the emergency room, but only if you have severe symptoms. Please note that receiving emergency care is not considered a public benefit identified by the public charge test. Residents - regardless of immigrant status - without insurance can access services at federally qualified health centers.

Find a federally qualified health center here:
health.baltimorecity.gov/health-clinics-services/primary-care-clinics-uninsured

What if I am the victim of discrimination?
If you experience discrimination or have trouble accessing services because of your race or nationality, you can report it to the Baltimore City Office of Equity and Civil Rights at **410-396-3141**.

For more information on coronavirus & Baltimore City's response, go to:
health.baltimorecity.gov/novel-coronavirus-2019-ncov

CITY OF BALTIMORE

Bernard C. "Jack" Young
Mayor

BALTIMORE CITY HEALTH DEPARTMENT

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