

YOU Can **Help Stop** COVID-19

The coronavirus is spreading and touching the lives of many people in our communities. Let's be safe and take steps to help beat it. Here are a few tips to protect you, your family and friends. We're in this together.

No one is safe. YOU can get the virus.

No matter who you are. You can get the virus. Stay safe and protect yourself and others.



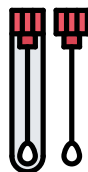
- STAY home as much as you can (except for work and groceries).
- DON'T visit family and friends in other households.
- AVOID touching your face, nose, mouth and eyes.
- KEEP a safe distance (at least 6 feet from another person when in public).
- COVER your mouth when you cough or sneeze.
- WASH hands often, for at least 20 seconds.



YOU are at higher risk if you have diabetes (sugar), high blood pressure, heart disease, kidney disease, lung disease, asthma and other health conditions. You must protect yourself from the coronavirus. It is MORE dangerous for you.

If you feel sick, take action.

Cough, fever, tiredness and difficulty breathing are signs you may have coronavirus. If you feel sick, call a doctor or other medical professional right away. Stay home. Separate yourself from others in your home.



If you need to get tested.

Coronavirus testing is FREE and local drive thru testing is available. Visit www.michigan.gov/coronavirus or contact the COVID-19 hotline at **888-535-6136** for more information



What you need to do if you test positive.

- Stay home and follow the instructions of your doctor or other medical professional.
- Monitor symptoms. If you have difficulty breathing or fever above 102 degrees, get medical help right away.

As always, cover your mouth when you cough or sneeze. Get rest and stay hydrated. Stay in a specific room in your house away from others.



There is help.

Call **2-1-1** from any phone for a list of statewide resources for everything from food and diapers to rental assistance. If you are unable to reach Michigan 2-1-1 by dialing directly, call **1-844-875-9211**.

Stay home. Stay safe. Save lives.



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This information is based on Centers for Disease Control and Prevention (CDC) guidelines. This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should always consult with a physician or other health care professional for medical advice.