COVID-19 HEALTH EDUCATION: LET’S TALK

How does COVID-19 spread and make a person sick?
- Through tiny droplets that can come from coughing and sneezing
- Person to person contact
- Occasionally touching unclean surfaces

Why should I care about COVID-19?
- You and your loved ones are important.
- You and the people you love can get seriously ill.

Can I look at a person and know if they have COVID-19?
NO.

Do you have questions? Ask me. I have answers.

What is the Coronavirus?
A highly contagious respiratory disease caused by the SARS-CoV-2 virus and is thought to spread from person to person through droplets released when an infected person coughs, sneezes or talks.

What soon do symptoms of COVID-19 appear? Will every person have symptoms?
Symptoms may appear 2-14 days after being around someone with the virus. Not everyone will show symptoms.

Where’s a testing site?
Find a testing site at: covid19.ncdhhs.gov/testing

What can I do to prevent loneliness?
- Get fresh air.
- Stay active.
- Stay in touch with others by phone or computer.

What can I do to be safe and protect the ones I love?
- Wear a face covering.
- Wash your hands.
- Use hand sanitizer.
- Maintain social distance of 6 feet.

What are the symptoms of COVID-19?
- Fever of 100.4+
- Cough
- Sore throat
- Shortness of breath
- Headache
- Loss of smell/taste
- Unusual fatigue

This publication is available in alternative formats upon request. Please contact the Accessibility Resource Center, D.F Lowry Building, Room 107, or call 910.521.6695.
Currently, there are three COVID-19 vaccines.
- Pfizer BioNTech (16+ yrs.) 2 shots
- Moderna (18+yrs.) 2 shots
- Johnson & Johnson’s Janssen (18+yrs.) 1 shot
*You can always ask your doctor.

COVID-19 vaccines are free.

As with any other vaccine, normal side effects are possible, such as:
- Headache
- Fever
- Muscle aches
Consult with health care provider for more information.

Yes. There’s no evidence that the vaccine causes any problems during or after pregnancy.

- Getting a COVID-19 vaccine gives you more protection to help keep you safe and is safer than getting the virus.
- The COVID-19 vaccines do NOT give you COVID.
- The vaccines make your immune system stronger.

For all vaccine locations, visit: myspot.nc.gov

More information is available to you at The Center for Disease Control: cdc.gov/coronavirus/vaccines

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