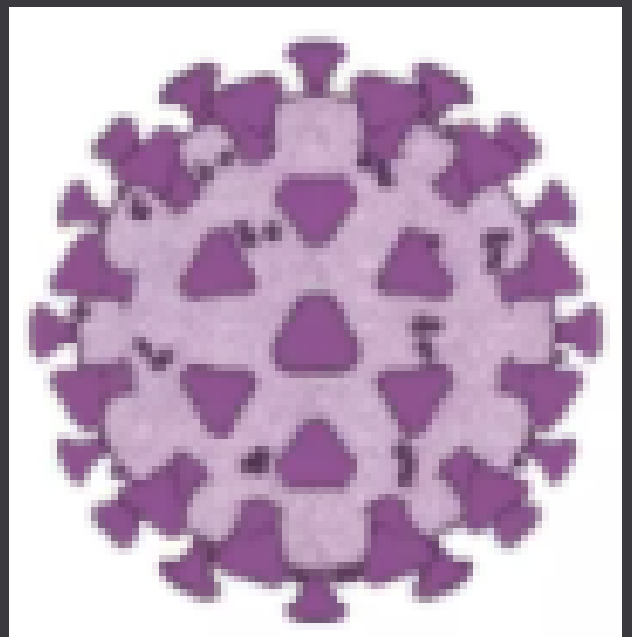


# VARIANTS OF CONCERN

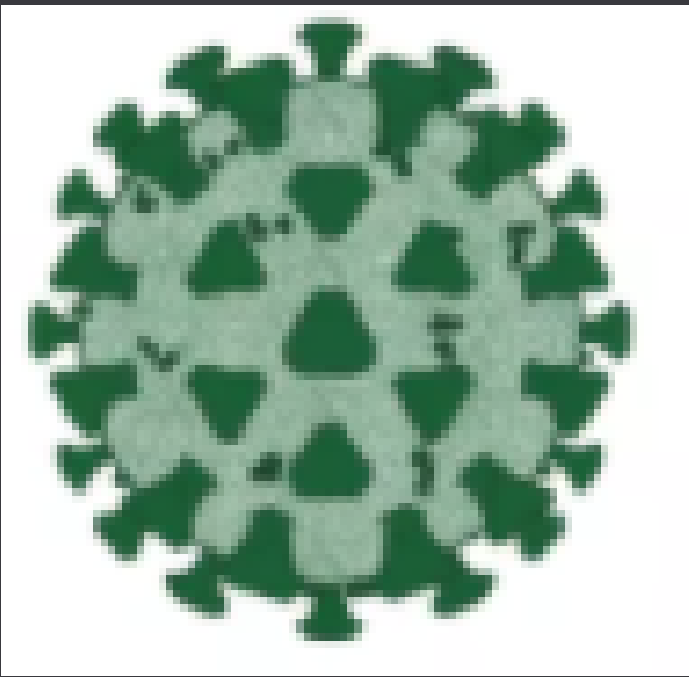
## THE ALPHA VARIANT

- 50% more transmissible
- Likely causes more severe disease
- Vaccines are still effective



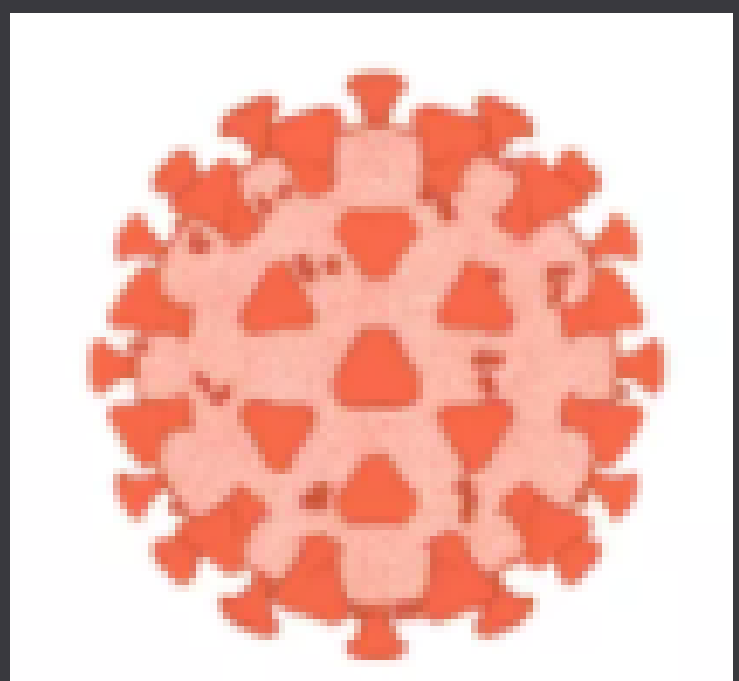
## THE BETA VARIANT

- 50% more transmissible
- Unknown if it causes more severe disease
- Vaccines are less effective



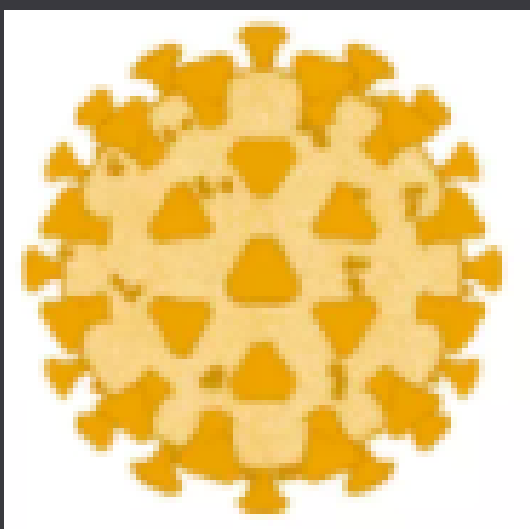
## THE GAMMA VARIANT

- Believed to be more transmissible, but more research needed
- Unknown if it causes more severe disease
- Vaccine efficacy is unknown

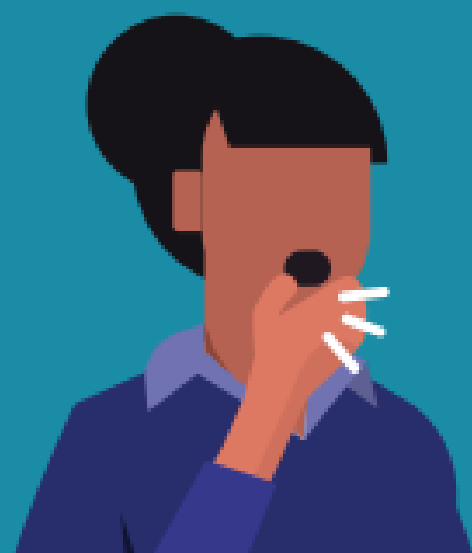


## THE DELTA VARIANT

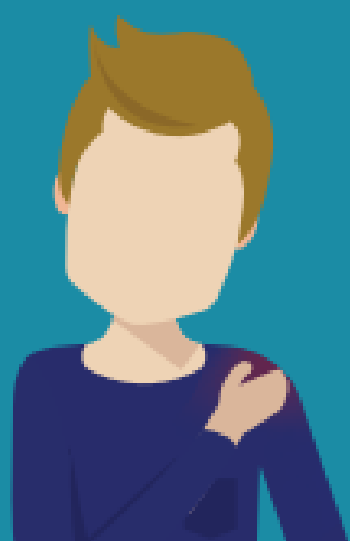
- 30% more transmissible
- May cause more severe disease but more research needed
- Vaccines are likely still effective



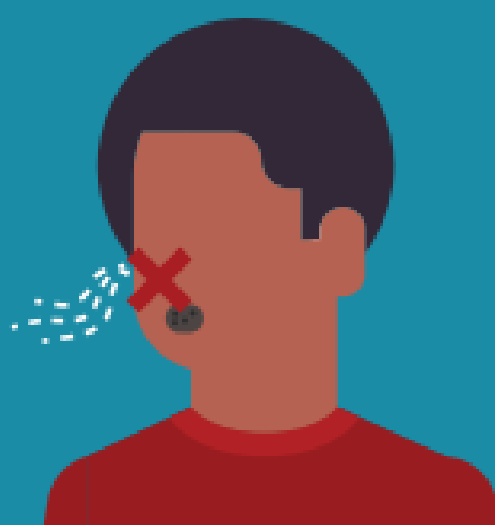
# KNOW THE SYMPTOMS OF COVID-19



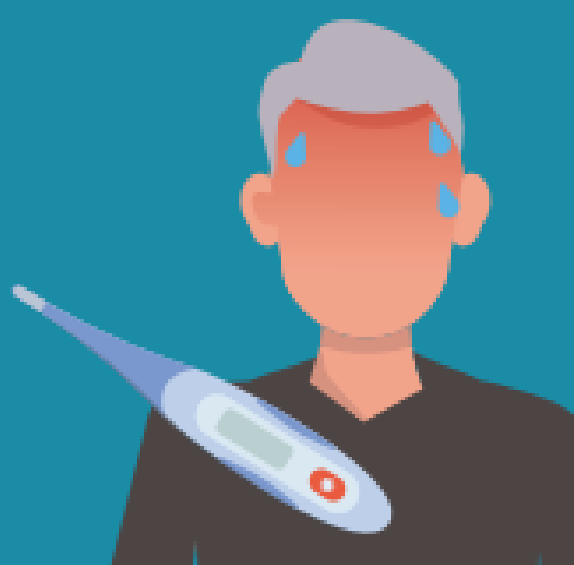
**Cough, shortness of breath or difficulty breathing**



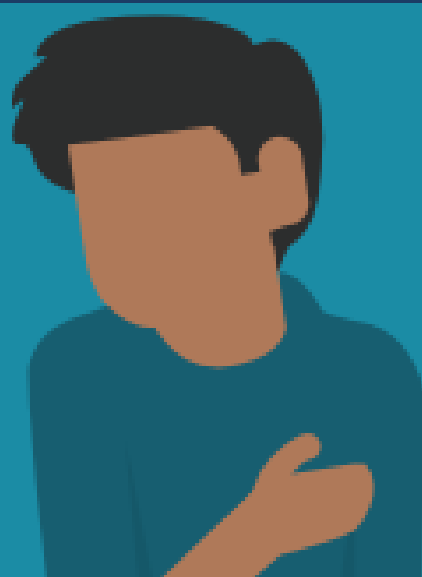
**Muscle or body aches**



**New loss of taste or smell**



**Fever or chills**



**Seek medical care immediately if someone has  
Emergency Warning Signs of COVID-19**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion

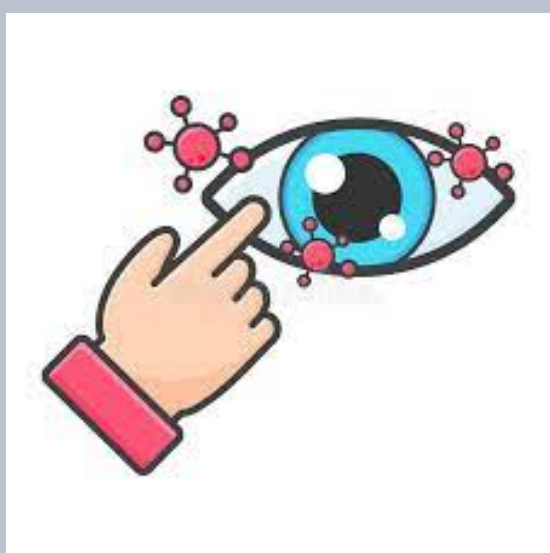
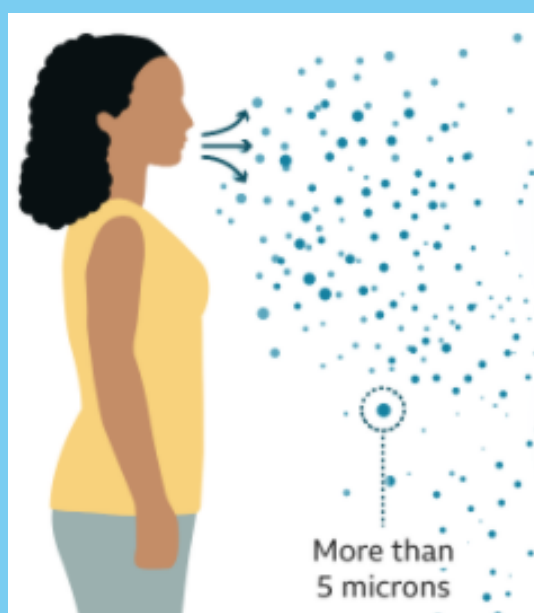
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

# HOW COVID-19 SPREADS?

COVID-19 is spread in three main ways:

## BREATHING IN AIR

when close to an infected person who is exhaling small droplets and particles that contain the virus.



## SMALL DROPLETS

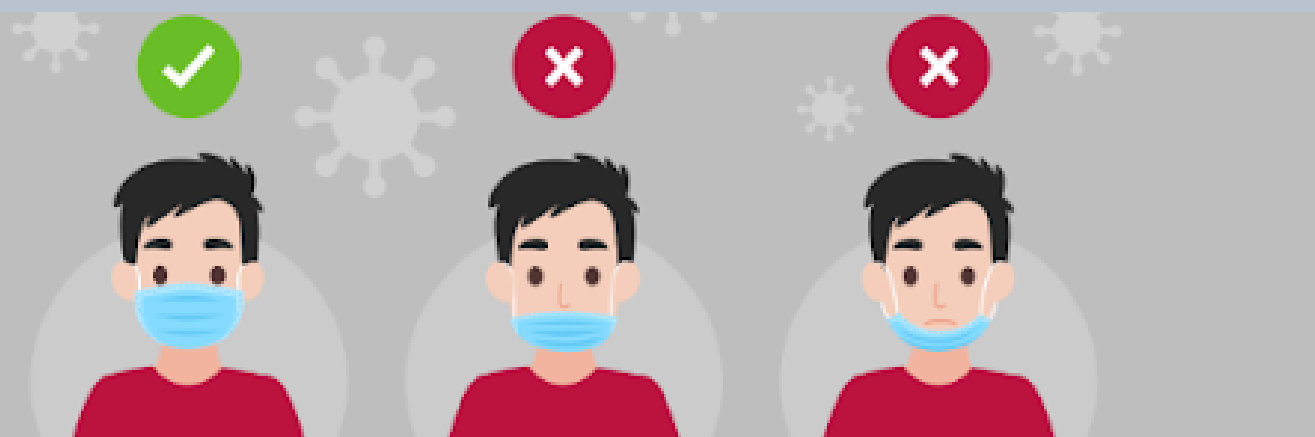
and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.

## TOUCHING

- Touching eyes, nose, or mouth with hands that have the virus on them.



## WEAR THE MASK IN THE RIGHT WAY

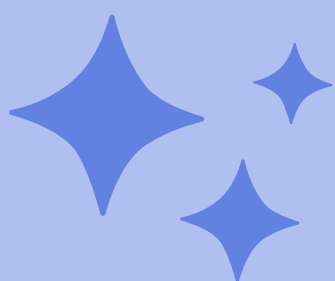


Keep calm &  
take care



# HOW DO I PROTECT A FAMILY MEMBER WHO HAS A CONDITION OR IS TAKING MEDICATIONS THAT WEAKEN OR IS TAKING MEDICATIONS THAT WEAKEN THEIR IMMUNE SYSTEM?

## GET VACCINATED YOURSELF

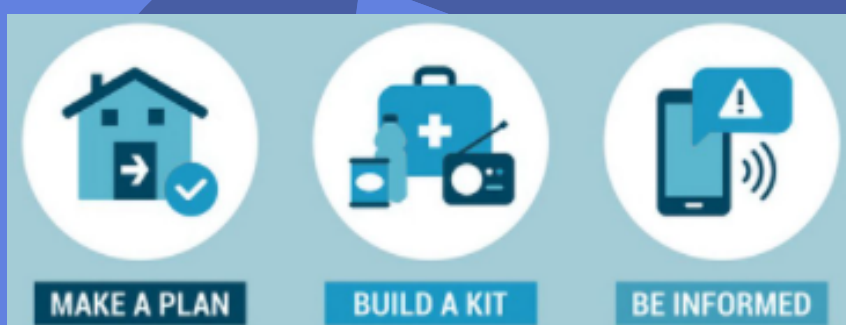


## CLEAN AND DISINFECT

Objects and surface regularly

## CLEAN YOUR HANDS OFTEN

With soap and water at least 20 seconds



## HAVE A FAMILY EMERGENCY PLAN

## AVOID

Large public gatherings or other places outside the home. Limit contact with others.



# Protect the Family



# DIABETES & CORONAVIRUS

## RECOMENDATIONS FOR PEOPLE WITH DIABETES

### CHECK BLOOD GLUCOSE FREQUENTLY



### HIGH-PROTEIN DIET

Helps maintain normoglycemia

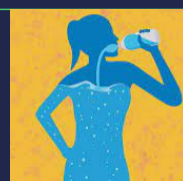


### MEASURE BODY TEMPERATURE

From 97 F to 99 F.



### KEEP YOURSELF HYDRATED



### FOLLOW YOUR MEDICAL TREATMENT



### TAKE YOUR MEDICATIONS



### PLAN FOR WEEKS OF QUARANTINE



### CHECK YOUR MEASUREMENTS



# **FOLLOW YOUR ASTHMA ACTION PLAN**



**·KEEP YOUR ASTHMA UNDER CONTROL BY FOLLOWING YOUR ASTHMA ACTION PLAN.**

---

**AVOID YOUR ASTHMA TRIGGERS.**



**·CONTINUE CURRENT MEDICATIONS, INCLUDING ANY INHALERS WITH STEROIDS IN THEM ("STEROIDS" IS ANOTHER WORD FOR CORTICOSTEROIDS). KNOW HOW TO USE YOUR INHALER.**

---

**DO NOT STOP ANY MEDICATIONS OR CHANGE YOUR ASTHMA TREATMENT PLAN WITHOUT TALKING TO YOUR HEALTHCARE PROVIDER.**



**·TALK TO YOUR HEALTHCARE PROVIDER, INSURER, AND PHARMACIST ABOUT CREATING AN EMERGENCY SUPPLY OF PRESCRIPTION MEDICATIONS.**

---

**·BE CAREFUL AROUND CLEANING AGENTS AND DISINFECTANTS**



**·FOLLOW YOUR ASTHMA ACTION PLAN. CALL 911 FOR MEDICAL EMERGENCIES.**





# ACTIONS YOU CAN TAKE

**Continue your medicines and do not change your treatment plan without talking to your healthcare provider.**

## **1 FOLLOW YOUR CURRENT TREATMENT PLAN**

(e.g., Asthma Action Plan, dialysis schedule, blood sugar testing, nutrition and exercise recommendations) to keep your medical condition under control.

## **3 HAVE SHELF-STABLE FOOD CHOICES AVAILABLE TO ACCOMMODATE DIETARY NEEDS BASED ON YOUR MEDICAL CONDITION**

(e.g., kidney diet and KCER 3-Day Emergency Diet Plan external icon, diabetic diet).

## **5 LEARN ABOUT STRESS AND COPING**

You may feel increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

## **7 CALL YOUR HEALTHCARE PROVIDER IF YOU HAVE ANY CONCERNS ABOUT YOUR MEDICAL CONDITIONS OR IF YOU GET SICK AND THINK THAT YOU MAY HAVE COVID-19.**

If you need emergency help, call 911 right away.

## **2 HAVE AT LEAST A 30-DAY SUPPLY OF PRESCRIPTION AND NON-PRESCRIPTION MEDICINES.**

Talk to a healthcare provider, insurer, and pharmacist about getting an extra supply of prescription medicines, if possible, to reduce your trips to the pharmacy.

## **4 KNOW THE TRIGGERS FOR YOUR CONDITION AND AVOID WHEN POSSIBLE**

(e.g., avoid asthma triggers by having another member of your household clean and disinfect your house for you or avoid possible sickle cell disease triggers to prevent vaso-occlusive episodes or pain crises).

## **6 DO NOT DELAY GETTING EMERGENCY CARE FOR YOUR MEDICAL CONDITION BECAUSE OF COVID-19.**

Emergency departments have infection prevention plans to protect you from getting COVID-19 if you need care.

## **8 WHEN POSSIBLE, KEEP PREVENTIVE CARE AND OTHER ROUTINE HEALTHCARE APPOINTMENTS**

(such as vaccinations and blood pressure checks) with your provider. Check with your provider about safety precautions for office visits and ask about telemedicine or remote healthcare visit options.

# PREGNANT PEOPLE WHAT YOU NEED TO KNOW

# 1

·ALTHOUGH THE OVERALL RISK OF SEVERE ILLNESS IS LOW, PREGNANT PEOPLE AND RECENTLY PREGNANT PEOPLE ARE AT AN INCREASED RISK FOR SEVERE ILLNESS FROM COVID-19 WHEN COMPARED TO NON-PREGNANT PEOPLE.

·HAVING CERTAIN UNDERLYING MEDICAL CONDITIONS, AND OTHER FACTORS, INCLUDING AGE, CAN FURTHER INCREASE A PREGNANT OR RECENTLY PREGNANT (FOR AT LEAST 42 DAYS FOLLOWING END OF PREGNANCY) PERSON'S RISK FOR DEVELOPING SEVERE COVID-19 ILLNESS.

# 2

# 3

·PREGNANT PEOPLE WITH COVID-19 ARE ALSO AT INCREASED RISK FOR PRETERM BIRTH (DELIVERING THE BABY EARLIER THAN 37 WEEKS) AND MIGHT BE AT INCREASED RISK FOR OTHER POOR PREGNANCY OUTCOMES.

·PREGNANT AND RECENTLY PREGNANT PEOPLE AND THOSE WHO LIVE WITH OR VISIT THEM NEED TO TAKE STEPS TO PROTECT THEMSELVES FROM GETTING SICK WITH COVID-19.

# 4

SEVERE ILLNESS MEANS THAT A PERSON WITH COVID-19 MAY NEED:

# 5

- HOSPITALIZATION
- INTENSIVE CARE
- A VENTILATOR OR SPECIAL EQUIPMENT TO HELP THEM BREATHE



# STAYING HEALTHY DURING AND AFTER YOUR PREGNANCY

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**•TALK TO YOUR HEALTHCARE PROFESSIONAL ABOUT HOW TO STAY HEALTHY AND TAKE CARE OF YOURSELF AND THE BABY.**




**ASK ANY QUESTIONS YOU HAVE ABOUT THE BEST PLACE TO DELIVER YOUR BABY.**

**•Delivering a baby is always safest under the care of trained healthcare professionals.**



**•YOU SHOULD ALSO TALK TO YOUR HEALTHCARE PROFESSIONAL IF YOU THINK YOU ARE EXPERIENCING DEPRESSION DURING OR AFTER PREGNANCY.**




**•GET RECOMMENDED VACCINES DURING PREGNANCY. THESE VACCINES CAN HELP PROTECT YOU AND YOUR BABY.**



**GET A FLU VACCINE EVERY YEAR.**

**•Others living in your household should also get vaccinated to protect themselves and you.**



**GET THE TDAP VACCINE TO PROTECT YOUR BABY AGAINST WHOOPING COUGH, WHICH CAN HAVE SIMILAR SYMPTOMS TO COVID-19.**

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**•IF YOU NEED EMERGENCY HELP, CALL 911 RIGHT AWAY. IF SOMEONE ELSE IS DRIVING YOU TO THE EMERGENCY DEPARTMENT, CALL THE EMERGENCY FACILITY WHILE YOU ARE ON THE WAY. IF YOU MUST DRIVE YOURSELF, CALL BEFORE YOU START DRIVING.**

# Animals & COVID-19:



The risk of animals spreading SARS-CoV-2, the virus that causes COVID-19, to people is considered to be low.

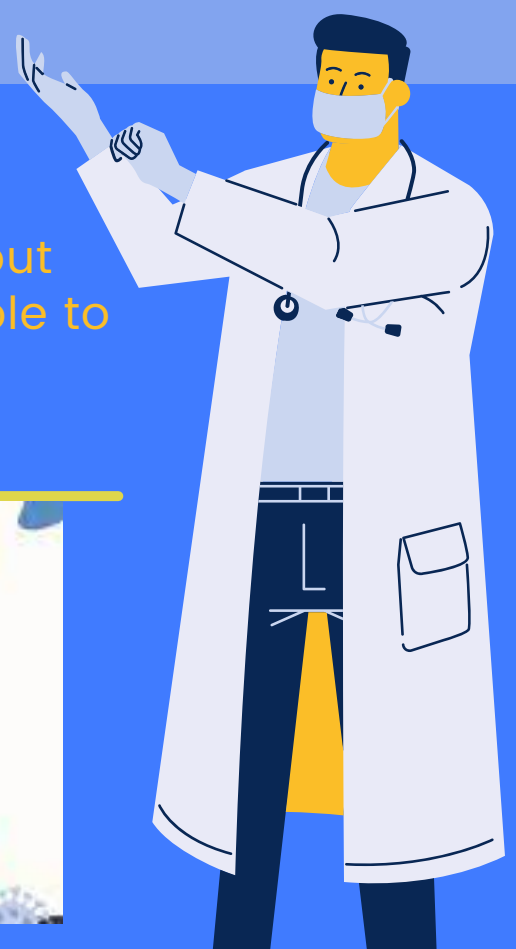


**People with suspected or confirmed COVID-19 should avoid contact with animals, including pets, livestock, and wildlife**

More studies are needed to understand if and how different animals could be affected by COVID-19.

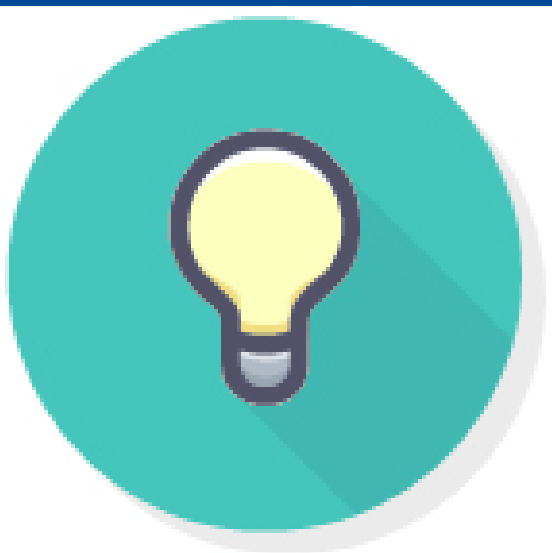


We are still learning about this virus, but we know that it can spread from people to animals in some situations, especially during close contact.



# SICK BUILDING SYNDROME

TOP CAUSES THAT MAKE YOU FEEL ILL

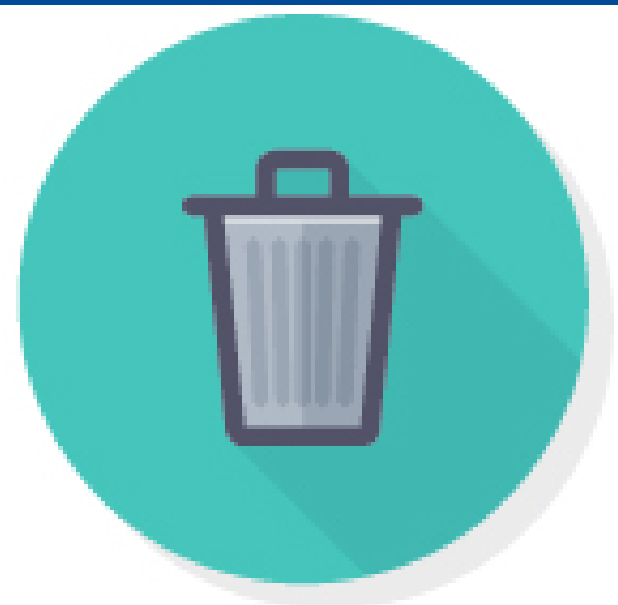
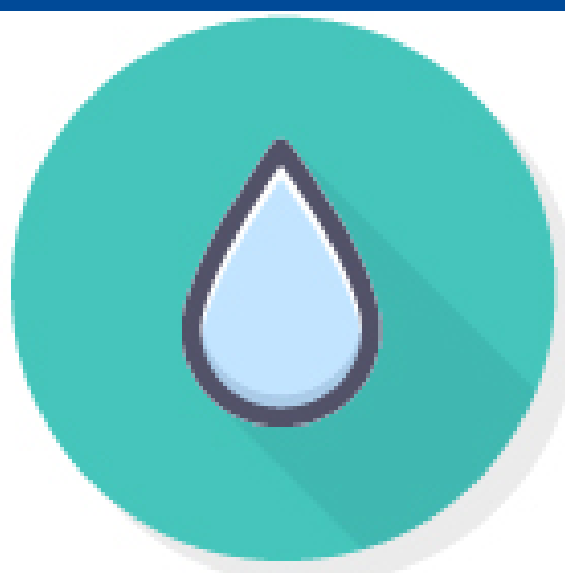


## LIGHTING

Make sure light is not too bright nor too scarce.

## BAD HUMIDITY

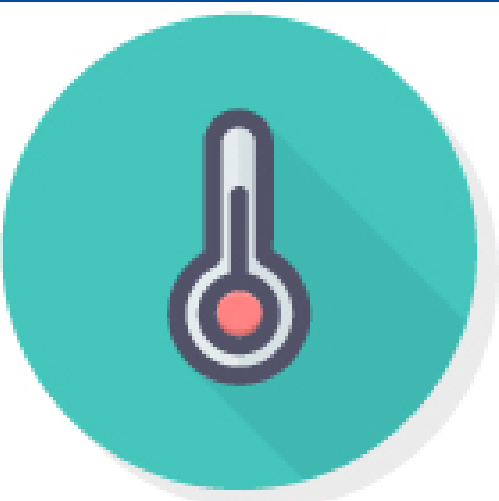
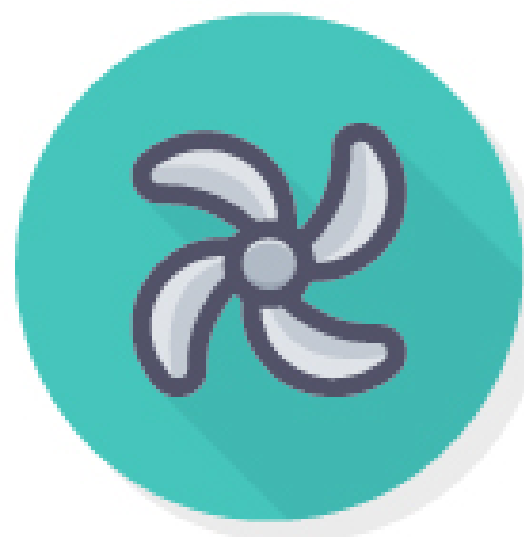
Avoid excessive dampness or dryness.



## CLEANLINESS

Maintain good cleaning standards.

**VENTILATION**  
Provide adequate ventilation.



## TEMPERATURE

Stay away from rooms too hot or too cold.

**POLLUTANTS**  
Prevent airborne particles or chemicals build up.

