# COVID Safety

Facts and Statistics:

• 96 million cases and over 1 million deaths in the United States alone (NY Times)
• Symptoms include fever, chills, cough, shortness of breath, fatigue, body aches, headache, new loss of taste or smell, sore throat, congestion, nausea, and diarrhea (CDC)
• Older adults and immunocompromised people are at a higher risk of severe illness (CDC)

How to Protect Yourself/Others from It:

• Get vaccinated!
• Wear a mask when needed or required.
• Get tested if you or others around you have been exposed.
• Wipe down and disinfect frequently-touched surfaces.
• Wash your hands often.
• Follow CDC guidelines.
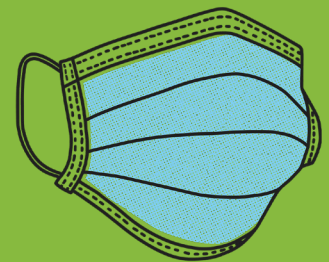
What to Do If You Test Positive?

• Self quarantine for at least 5 days!
• Inform people who you have been in contact with about your result.
• Keep testing yourself.
• Monitor your symptoms.
• Stay in touch with your doctor.
• Rest and stay hydrated.