

WHAT YOU NEED TO KNOW ABOUT COVID-19

CHATTANOOGA
HAMILTON COUNTY
TENNESSEE

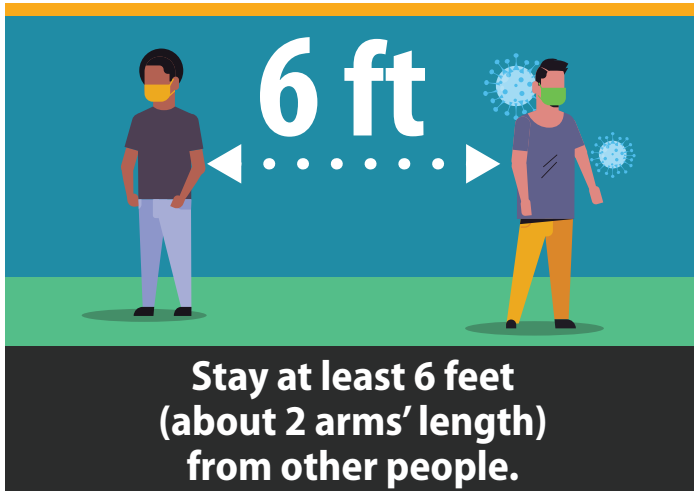
#TogetherAgainstCovid



 COVID-19 HOTLINE 423-209-8383

Stop the Spread of Germs

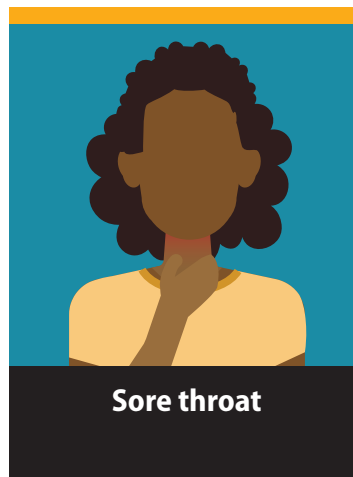
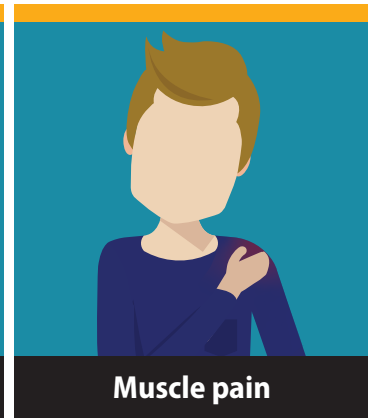
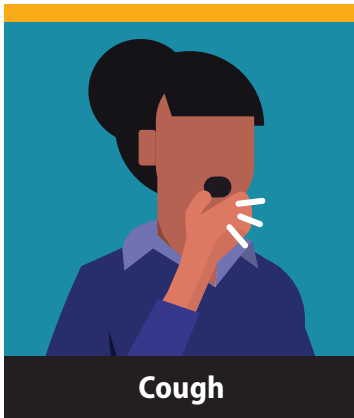
Help prevent the spread of respiratory diseases like COVID-19.



cdc.gov/coronavirus

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

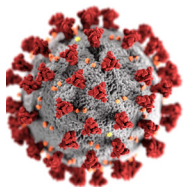
***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



cdc.gov/coronavirus

What You Can do if You are at Higher Risk of Severe Illness from COVID-19

(Print Resources Web Page: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>)

Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

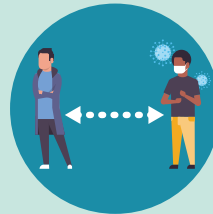
Here's What You Can do to Help Protect Yourself



Stay home if possible.



Wash your hands often.



Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.



Clean and disinfect frequently touched surfaces.



Avoid all cruise travel and non-essential air travel.

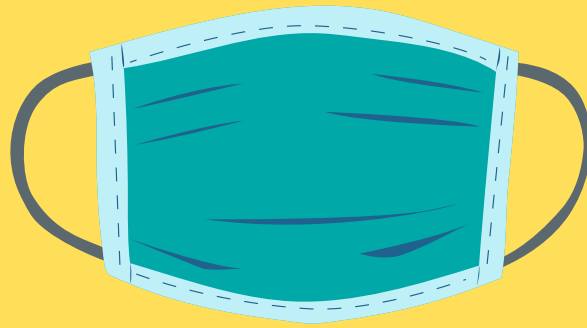
Call your healthcare professional if you are sick.

For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#).



cdc.gov/coronavirus

WEARING IS CARING



**PROTECT YOUR FAMILY AND
MINE. WEAR A MASK IN
PUBLIC.**

**WEAR YOUR FACE COVERING OVER
YOUR NOSE AND MOUTH AND
SECURE IT UNDER YOUR CHIN.**



**DROPLETS FROM YOUR NOSE AND
MOUTH INFECTION OTHER PEOPLE.
NOT EVERYONE HAS SYMPTOMS.**

SHOULD I GET TESTED?

DO YOU HAVE **SYMPTOMS**?

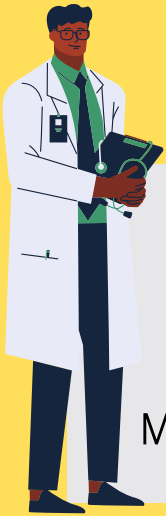
OR

ARE YOU A **CONTACT**
OF SOMEONE WITH SYMPTOMS OR A DIAGNOSIS
OF COVID-19?

YES



GET TESTED
+
CONTACT YOUR
MEDICAL PROVIDER



FREE TESTS IN HAMILTON COUNTY

[HEALTH.HAMILTONTN.ORG](https://health.hamiltontn.org)

COVID-19 HOTLINE 423-209-8383



AFTER YOUR TEST, STAY HOME UNTIL YOU ARE
NOTIFIED OF YOUR RESULTS TO PREVENT
SPREAD.

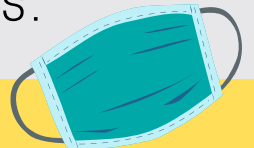
NO



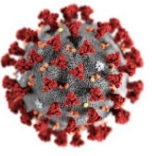
NO TEST UNLESS NEEDED
FOR SURGERY, WORK ETC.

+

WEAR A MASK.
NOT EVERYONE HAS
SYMPTOMS.



WHAT IF I TEST POSITIVE?



FIRST...

THE HEALTH DEPARTMENT WILL CONTACT YOU TO...

- LET YOU KNOW YOU HAVE COVID-19
- **ADVISE** YOU ON ISOLATION, TAKING CARE OF YOURSELF, AND WHEN TO GET MEDICAL HELP
- **EXPLAIN** THE IMPORTANCE OF STAYING HOME TO PREVENT OTHER PEOPLE FROM GETTING INFECTED
- **INTERVIEW** YOU TO TRACE YOUR MOVEMENTS & CONTACTS - WHO ELSE HAS BEEN EXPOSED?

NEXT...

THE HEALTH DEPARTMENT CALLS YOUR CONTACTS TO...

- (THEY WILL NOT IDENTIFY YOU)
- LET THEM KNOW THEY HAVE BEEN EXPOSED TO COVID-19
 - **ADVISE** THEM TO BE TESTED AND TO QUARANTINE
 - **EXPLAIN** SYMPTOMS TO WATCH FOR AND WHEN TO GET MEDICAL HELP



ALSO...

THE HEALTH DEPARTMENT...

- **CALLS** CASES AND CONTACTS EVERY OTHER DAY TO CHECK IN ON THEM
- CANNOT RELEASE NAMES OF CONTACTS OR PRIVATE INFORMATION
- **PROVIDES** LETTERS OF RELEASE FROM ISOLATION OR QUARANTINE

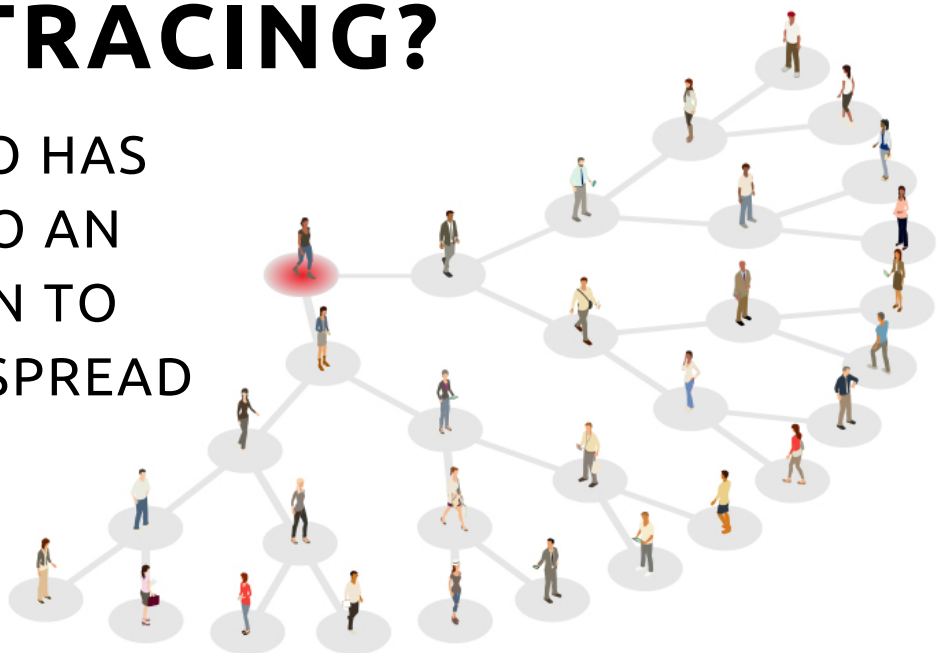
QUESTIONS?

CALL THE HOTLINE 423-209-8383



CONTACT TRACING?

FINDING OUT WHO HAS BEEN EXPOSED TO AN INFECTED PERSON TO PREVENT FURTHER SPREAD



What Your Test Results Mean

Accessible version available at <https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html>

If you test positive for COVID-19

TAKE STEPS TO HELP PREVENT THE SPREAD OF COVID-19



STAY HOME.

Do not leave your home, except to get medical care. Do not visit public areas.



STAY IN TOUCH WITH YOUR DOCTOR.



GET REST AND STAY HYDRATED.

Take over-the-counter medicines, such as acetaminophen, to help you feel better.

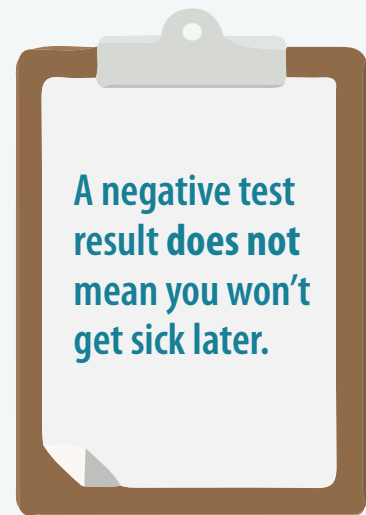


SEPARATE YOURSELF FROM OTHER PEOPLE.

As much as possible, stay in a specific room and away from other people and pets in your home.

If you test negative for COVID-19

- You probably were not infected at the time your sample was collected.
- However, **that does not mean you will not get sick.**
- It is possible that you were very early in your infection when your sample was collected and that **you could test positive later.**



317369-A | May 30, 2020 7:25 PM

CDC.GOV/CORONAVIRUS

COVID-19: Quarantine vs. Isolation

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.



If you had close contact with a person who has COVID-19



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



If you are sick and think or know you have COVID-19



- Stay home until after
 - 3 days with no fever and
 - Symptoms improved and
 - 10 days since symptoms first appeared



If you tested positive for COVID-19 but do not have symptoms



- Stay home until after
 - 10 days have passed since your positive test.



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.



cdc.gov/coronavirus

10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



cdc.gov/coronavirus

RESOURCES

Hamilton County Health Department

COVID-19 HOTLINE 423-209-8383

www.health.hamiltontn.org



@HamiltonTNHealthDept



@SaludHamiltonTN



@HamiltonHealth

City of Chattanooga General Information

www.connect.chattanooga.gov

Tennessee Department of Health

COVID-19 PUBLIC INFORMATION LINE

833-556-2476

877-857-2945

Tennessee Pledge Resources for Businesses

www.tn.gov/governor/covid-19.html

Center for Disease Control (CDC)

www.coronavirus.gov