



WHAT YOU NEED TO KNOW ABOUT COVID-19

For general information and resources about the virus call: 909-387-3911 or go to [SBCOVID19.com](https://www.sbcovid19.com)



What is COVID-19?

COVID-19 is an infectious disease caused by a newly discovered coronavirus. Most people infected with this virus will experience mild to moderate respiratory illness and recover without requiring special treatment.

The virus spreads through respiratory droplets or small particles, such as those in aerosols, produced when an infected person coughs, sneezes, sings, talks, or breathes.



Prevention and Protection

Protect yourself and others by following these steps to slow the spread of COVID-19.

- Wash your hands often
- Practice social distance
- Cover your mouth and nose with a mask when around others
- Avoid touching your face
- Cover coughs and sneezes
- Clean and disinfect
- Monitor your health daily
- Stay home if you feel sick



What are the Symptoms?

Symptoms may appear 2-14 days after exposure to the virus. Some of the symptoms may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



Testing and Support

You should get tested if you have symptoms of COVID-19, have had close contact with someone with confirmed COVID-19 or were referred to get tested by your healthcare provider.

Visit [SBCOVID19.com](https://www.sbcovid19.com) or call 909-387-3911 to learn more, find a testing site near you or make an appointment.



Who is Most at Risk?

Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

However, anyone can get sick with COVID-19 and become seriously ill.



COVID-19 Vaccination

COVID-19 vaccines are now authorized and recommended to prevent COVID-19 in the United States. A vaccine will help our bodies develop immunity to the virus that causes COVID-19 without us having to get the illness.

To learn more about the different type of vaccines go to: [SBCOVID19.com](https://www.sbcovid19.com)

