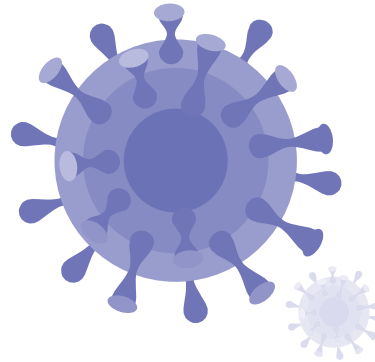


# COVID-19: WHAT TO KNOW AND WHAT TO DO

**RESOLVE**  
**TO SAVE LIVES**  
AN INITIATIVE OF VITAL STRATEGIES

## What to Know

COVID-19 is a new respiratory illness that can spread from person to person and, possibly, from contaminated surfaces. People over the age of 80 with underlying medical conditions have the highest risk for severe outcomes. Symptoms include fever, dry cough and shortness of breath. There's currently no vaccine or treatment.



## What to Do



### Everybody

- Wash hands or use hand sanitizer often
- Cover coughs and sneezes
- Stay home when sick
- Seek medical attention if you have COVID-19 symptoms for more than two days
- Don't wear a face mask unless you have a cough or fever
- Greet people without touching (hold off on handshakes)



### Older adults (especially 80+) and those with health conditions such as diabetes, lung disease, and heart disease

- Secure a three-month supply of essential medications, such as high blood pressure or diabetes medications
- Avoid crowds, cruises and non-essential air travel
- Stay home as much as possible, and, when in public, try to stay 6 feet away from others
- Have a plan for caring for a sick loved one or being cared for



### Health care providers

- Train for and implement improved infection prevention procedures
- Be ready for a surge of people with mild symptoms
- Plan for the possibility that your facility will need to postpone elective surgery and increase the number of patients supported with intensive care, including ventilators



### Society and government

- Provide clear, credible and consistent information about the virus and the response
- Analyze the costs and benefits of social distancing interventions and make decisions based on protecting the most vulnerable
- Recognize that we learn more every day and will need to adapt our response as we learn more and the virus spreads more.



**COVID-19 is an emergency. It's likely that every American will be affected either directly or through disrupted travel, access to goods, or economic disruption. NOW is the time to act to minimize impact.**