

# You Can Help Your Community Stop the Spread!

As of 12/15/2020: 442,715 confirmed cases and 10,935 deaths in Michigan



## Who can get and spread COVID-19?

**Anyone** can get and spread COVID-19.

People with chronic health problems (like asthma or diabetes) and older people are most likely to get very sick from COVID-19. However, **people of any age or race** can get very sick from COVID-19 and can die. **All of us are at risk!**

## What are the signs of having COVID-19?



People with COVID-19 might have:

- A fever
- A cough
- A hard time breathing normally
- New loss of taste or smell

Some infected people never show symptoms. **You can still spread COVID-19 even if you don't have symptoms.**

## What can you do to keep yourself and others safe?



### Wash your hands

- Wash for **20 seconds** using warm water and soap



### Do not touch your face, nose, eyes, or mouth with unwashed hands



### When out in public, wear a cloth face covering over your nose and mouth



### Avoid close contact with other people

We all need to practice **social and physical distancing**:

- Only go out in public if you **really** need to (like for food, water, or health care)
- If you go out, **wear a mask or face covering** to prevent spreading germs
- If you feel sick, **do not** go out in public
- Stay at least **6 feet away** from others

This might be hard to do, but it's important and **can save lives!**

Need help with social services? Call 211 or visit [www.mi211.org](http://www.mi211.org)

Need mental health support? Call 888-733-7753 (available every day 10:00am - 2:00am)

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Sources: Centers for Disease Control and Prevention, Michigan Department of Health and Human Services