


# COVID-19! How to Protect You & Your Family

## PREVENTION



Wash hands often with soap and warm water for 20 seconds. If you can't, use hand sanitizer containing at least 60% alcohol.




Clean frequently touched objects and surfaces with soap and water or disinfectant.



Avoid touching your face area with unwashed hands. Wash hands before eating and drinking.



Stay 6 feet away from sick people and people outside your household.




Wear a face mask outside and around people not in your household.\*


## IF YOU ARE SICK



Stay home unless you need medical treatment. Stay in a room away from people and pets.



Before visiting your doctor's office, call ahead and explain your condition.




Sneeze and cough into your elbow/sleeve or tissues. Dispose of tissues and phlegm properly.



Stay 6 feet away from sick people and people outside your household.

\*Masks should not be placed on children under age 2, anyone with breathing difficulties, or anyone who is not able to remove the mask without help.

## POSSIBLE SYMPTOMS



- Anyone can have mild to severe symptoms
- Symptoms may appear 2-14 days after exposure

## INCREASED RISK FOR PEOPLE WITH CERTAIN MEDICAL CONDITIONS

People at **any age** with these conditions are at an **increased risk**:

- Cancer
- Chronic kidney disease
- Chronic obstructive pulmonary disease (COPD)
- Heart conditions, (e.g. heart failure, coronary heart disease, cardiomyopathies)
- Obesity (BMI  $\geq$  30)
- Sickle cell disease
- Type 2 diabetes
- Weakened immune system from solid organ transplant

People with these conditions **might be** at increased risk:

- Asthma (moderate to severe)
- Cerebrovascular disease
- Cystic fibrosis
- Hypertension (high blood pressure)
- Neurologic conditions such as dementia
- Liver disease
- Pregnancy
- Pulmonary fibrosis
- Smoking
- Thalassemia (blood disorder)
- Type 1 diabetes
- Weakened immune system from blood or bone marrow transplant, HIV, use of corticosteroids or other immune weakening medicines

## EMERGENCY WARNING SIGNS

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

**Seek medical care immediately** if someone has any of these **emergency warning signs** of COVID-19. **Call 911 or call ahead to your local emergency facility.** Notify the operator that you are seeking care for someone who has or may have COVID-19.

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



Stay informed! Check reputable websites such as [www.CDC.gov](http://www.CDC.gov) and [www.SFDPH.org](http://www.SFDPH.org) for the latest updates!



# 新型冠狀病! 如何保護您和您的家人

## 預防

-  經常使用肥皂和水洗手，并且至少持續20秒。如果情況不允許，使用酒精含量至少60%的手部消毒液清潔雙手。
-  用肥皂和水或消毒劑清潔高頻接觸的物體表面。
-  避免用未清洗的手觸摸臉部區域，飲食前請洗手。
-  與病人和您家庭以外的人保持至少6英尺的距離。
-  在公共場合以及周圍有您家庭以外的人時，應佩戴口罩。\*

## 如生病了

-  除就醫外，請留在家中。留在特定房間，遠離家裡的其他人和寵物。
-  就診前請先致電您的醫生，并告訴他們您的情況。
-  打噴嚏和咳嗽時向著袖子或使用紙巾，並正確處理紙巾/痰液。
-  佩戴口罩，並確保正確遮掩口鼻。\*

\*2歲以下幼兒、呼吸困難或無法在沒有幫助的情況下取下面罩的人士不應佩戴口罩。

## 可能出現的症狀

-  發燒或怕冷
  -  咳嗽
  -  呼吸急促
  -  疲勞
  -  肌肉或身體酸痛
  -  頭疼
  -  近期喪失味覺或嗅覺
  -  喉嚨痛
  -  鼻塞或流鼻涕
  -  噁心或嘔吐
  -  腹瀉
- 任何人都可能出現由輕到重的症狀  
• 暴露于冠狀病毒后的2-14天內有可能出現以上症狀

## 患有某些基礎疾病的人群感染新冠病毒的風險更高

患有以下疾病的**各年齡段**人群因感染新冠病毒而患重病的風險更高：

- 癌症
- 慢性腎病
- COPD (慢性阻塞性肺病)
- 嚴重心臟病，如心力衰竭、冠狀動脈疾病或心肌病
- 肥胖 (體重指數[BMI]為30或以上)
- 鐮狀細胞病
- 2型糖尿病
- 實體器官移植導致免疫受損狀態 (免疫系統減弱)

患有以下疾病的人因感染新冠病毒而患重病的風險**可能**會更高：

- 哮喘 (中度到重度)
- 腦血管疾病 (影響血管和腦部血液供應)
- 囊性纖維性變
- 高血壓
- 神經系統疾病，如癱瘓
- 肝病
- 懷孕
- 肺纖維化 (肺組織受損或癩痕化)
- 吸煙
- 地中海貧血 (一種血液疾病)
- 1型糖尿病
- 血液或骨髓移植、免疫缺陷、HIV (艾滋病病毒)、使用皮質類固醇或使用其他免疫減弱藥物導致免疫受損狀態 (免疫系統減弱)

## 緊急警告體徵

- 呼吸困難
- 胸部持續疼痛或壓迫感
- 開始出現神智不清
- 無法醒來或保持清醒
- 嘴唇或臉色發紫

如果有人出現以上任何**緊急警告體徵**，請立即尋求醫療救護。  
**撥打911或提前致電您的地方急救設施：**告知接線員您在為已感染或可能感染新冠病毒的人尋求救護。

此列表並未包含所有可能症狀。請致電您的醫療服務人員，以了解任何其他嚴重或與您有關的症狀。

隨時了解情況! 訪問信譽良好的網站，

例如[www.CDC.gov](http://www.CDC.gov)和[www.SFDPH.org](http://www.SFDPH.org)以獲取最新的資訊。

網站 [aamgdoctors.com](http://aamgdoctors.com)

YouTube [youtube.com/c/AAMGDoctors](https://youtube.com/c/AAMGDoctors)

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