


# 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

 Fever or chills	 Coughing	 Shortness of breath
 Fatigue	 Muscle or body aches	 Headache
 New loss of taste or smell	 Sore throat	 Congestion or runny nose
 Nausea or vomiting	 Diarrhea	<ul style="list-style-type: none"> <li>• Anyone can have mild to severe symptoms</li> <li>• Symptoms may appear 2-14 days after exposure</li> </ul>

## 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 (肺組織受損或癒痕化)
- 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/AAMGDoctors](https://youtube.com/AAMGDoctors)

Facebook [facebook.com/DoctorsAAMG](https://facebook.com/DoctorsAAMG)

