

KNOW THE SYMPTOMS OF COVID-19



FEVER



COUGH



SHORTNESS OF BREATH

SPREADS
THROUGH
CLOSE
CONTACT

TAKE EVERYDAY PRECAUTIONS



WASH YOUR HANDS



DON'T TOUCH FACE



AVOID SICK PEOPLE

INFORMATION + UPDATES:
[HEALTH.PA.GOV](https://www.health.pa.gov)



pennsylvania
DEPARTMENT OF HEALTH

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HOW DO I PREPARE?

CREATE A HOME EMERGENCY KIT



NON-PERISHABLE
FOOD



BOTTLED
WATER



MEDICATIONS



FLASHLIGHT +
EXTRA BATTERIES



FIRST AID KIT



WARM
CLOTHING



BABY
SUPPLIES



PET
SUPPLIES

CORONAVIRUS (COVID-19) WHEN TO SEEK CARE

Please follow the guidelines below when considering whether or not to seek medical care if you're experiencing symptoms similar to symptoms associated with COVID-19.



STAY HOME

If you are worried, but well, **please stay home.**

Going to a hospital or doctor's office when well adds a higher number of people and can overwhelm medical staff.



CALL FOR ADVICE

If you are **sick** and think you have been **exposed** to COVID-19 **call** your health care provider or 1-877-PA-HEALTH to discuss your exposure.



SEEK CARE

If you are **sick** and feel you have an **emergency**, **call** your health care provider or seek medical care.

Please **call** your provider's office or hospital **before you go**, especially if you're symptomatic.

FOR MORE INFORMATION AND UPDATES, VISIT:
HEALTH.PA.GOV



HOW TO GET TESTED FOR COVID-19

PENNSYLVANIA RESIDENT



I HAVE MILD SYMPTOMS:

Please stay home. If you feel worse, contact your health care provider.



I HAVE SEVERE SYMPTOMS:

If you have a fever over 100°, shortness of breath and cough, **CALL** your health care provider.

If you do not have a health care provider, **CALL** your local health department or 1-877-PA-HEALTH.

If you still need help, **CALL** your local emergency department.

HEALTH CARE PROVIDER



I FEEL A PATIENT SHOULD BE TESTED:

Order a test without consulting with the Department of Health through a commercial lab.



I WANT TO CONSULT WITH DOH TO SEE IF A TEST IS NEEDED:

Call 1-877-PA-HEALTH.



I CONSULTED BUT DOH DOESN'T RECOMMEND A TEST:

If you feel that a patient should be tested, order a test through a commercial lab.

THE STATE PUBLIC HEALTH LABORATORY IS PRIORITIZING THE FOLLOWING PEOPLE FOR TESTING:

1. People who are severely sick for unknown reasons
2. People in congregate care settings
3. People in contact with known cases of COVID-19
4. Symptomatic healthcare workers and first responders

INFORMATION + UPDATES:
HEALTH.PA.GOV



HOW CAN I PROTECT MYSELF FROM COVID-19?

WASH YOUR HANDS!



1 WET
HANDS



2 APPLY
SOAP



3 SCRUB 20
SECONDS



4 RINSE UNDER
WATER



5 DRY WITH
CLEAN TOWEL



CLEAN
HANDS!



HOW CAN I PROTECT MYSELF FROM COVID-19?

PRACTICE GOOD HEALTH HABITS



WASH YOUR
HANDS OFTEN



COVER COUGHS
+ SNEEZES



DON'T TOUCH
EYES/NOSE/MOUTH



CLEAN SURFACES
FREQUENTLY



STAY HOME
WHEN SICK



AVOID SICK
PEOPLE



QUARANTINE



- healthy person
- exposed
- staying at home + away from others

VERSUS

ISOLATION



- known case
- sick (even mild symptoms)
- staying at home + away from others



Can kids participate in play dates or sleep overs while they are off from school?

The simple answer is **NO**.

