

# FREE COVID-19 TESTING

PROVIDED BY  
GLIDE AND SEADC

Every Tuesday at 10am to 4pm  
Stop by the SEADC or GLIDE  
Center

Contact Stephanie Nguyen at  
(650) 466 - 8841

Please come Wednesday and  
Thursday from 11am-2pm to  
register

## SYMPTOMS OF COVID-19

People with COVID-19 have had a wide range of symptoms reported - ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

Fever or chills Cough

Shortness of breath or difficulty breathing

Fatigue Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea



# CORONAVIRUS (COVID-19)

CREATED BY:  
SOUTHEAST ASIAN  
DEVELOPMENT CENTER



# PREVENTATIVE MEASURES FOR COVID-19

## WASH YOUR HANDS

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.

Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

## CLEAN AND DISINFECT

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.

# PREVENTATIVE MEASURES FOR COVID-19

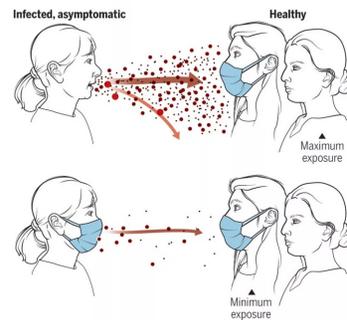
## COVER YOUR MOUTH AND NOSE WITH A CLOTH FACE COVER WHEN AROUND OTHERS

You could spread COVID-19 to others even if you do not feel sick.

The cloth face cover is meant to protect other people in case you are infected.

Everyone should wear a cloth face cover in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.

Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



## AVOID CLOSE CONTACT

Inside your home: Avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members.

Outside your home: Put 6 feet of distance between yourself and people who don't live in your household.

# IMPACTS OF COVID-19 ON COMMUNITY

Helps protect vulnerable individuals in the community: older adults (65+ years) and people of any age with serious underlying medical conditions

Decrease spread of but also limits surge in cases whereby hospitals exceed their capacity to treat those gravely ill

## FRIENDS AND FAMILY

Lack of employment in personal relationship, create financial stress and conflict

Education and learning could have medium and long-term consequences on the quality of education

## INDIVIDUAL

Affect your health beyond potential impact of COVID19-less physically active, have longer screen time, irregular sleep patterns, and worse diets

**BY TAKING PREVENTIVE MEASURES AND KNOWING YOUR STATUS, IT ENABLES YOU TO ARE ABLE TO REDUCE THE EXTERNAL IMPACTS OF COVID-19**