

# STAY ALIVE CARDS – DON'T PANIC

## How do you know if you have COVID-19 vs the Flu?

### **COVID-19 – if you have these contact your Doctor immediately:**

- Fever that gradually increases in temperature
- Cough that gets more severe over time
- Symptoms 2-14 days after exposure
- Shortness of breath

### **FLU – if you have these go to the doctor soon:**

- Cough, running or stuffy nose, sneezing, sore throat, fever, headache, chills, body aches, fatigue

### **If you are sick with either of these**

- Stay at home except to get medical care, avoid public areas, avoid public transportation, separate self from other people



### COVID-19 RESPONSE

NEED HELP, INFORMATION, HAVE RESOURCES TO SHARE?

GIVE US A CALL OR EMAIL: (206) 822 – 1980 [covid-19@rbactioncoalition.org](mailto:covid-19@rbactioncoalition.org)

# STAY ALIVE CARDS – DON'T PANIC

## Who is high risk

- Older adults, people with chronic medical conditions e.g., heart or lung disease

## Protect Yourself

- Wash hands with soap for 20 seconds, avoid touching eyes, nose, mouth

## Resources

### *Food distribution*

- Rainier Valley Food Bank (206.723.4105) produce, can goods
- Tilth Alliance (206.633.0451) Good Food Bags

### *Information*

- COVID19 Mutual Aid Society –(covid19mutualaidsea@gmail.com)
- Urban League of Metropolitan Seattle (206. 461-3792)

**Don't forget to  
check on your  
neighbor, family  
& friends**



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