

COVID-19 Prevention Tips

Follow these six steps to stay safe and protect others.



1
Wear a mask in public and indoors



2
Wash hands for at least 20 seconds with soap and water



3
Social distance at least 6 feet or more from others



4
Sneeze or cough into elbow to protect others



5
Disinfect all surfaces including mobile phones and keyboards



6
Stay home if you are sick or need to quarantine

UMADAOP Lucas County Offers These Substance Abuse and Mental Health Services for Adults:

- ✓ Diagnostic Assessments
- ✓ Substance Abuse and Mental Health Treatment
- ✓ Outpatient Treatment
- ✓ Medication Assisted Treatment
- ✓ Women's Recovery Housing
- ✓ Group and Individual Counseling
- ✓ Case Management and Relapse Prevention
- ✓ Telehealth for Clients

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Do I Have COVID-19 or The Flu?

COVID-19 SYMPTOMS

People with COVID-19 have had a wide range of symptoms, 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**

**This list does not include all possible symptoms.*

SOURCE: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

FLU SYMPTOMS

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly.

People who have flu often feel some or all of these symptoms:

- ✓ **Fever* or feeling feverish/chills**
- ✓ **Cough**
- ✓ **Sore throat**
- ✓ **Runny or stuffy nose**
- ✓ **Muscle or body aches**
- ✓ **Headaches**
- ✓ **Fatigue (tiredness)**
- ✓ **Some people may have vomiting and diarrhea, though this is more common in children than adults.**

**It's important to note that not everyone with flu will have a fever.*

SOURCE: <https://www.cdc.gov/flu/symptoms/symptoms.htm>