SYMPTOMS OF CORONAVIRUS

Patients with COVID-19 have experienced mild to severe respiratory illness. Symptoms may appear 2-14 days after exposure.

Symptoms can include:

FEVER

COUGH

SHORTNESS OF BREATH

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 .

For more information visit cdc.gov/COVID19-symptoms

EMERGENCY CONTACTS

Medical Centers
- SRMT Medical Outreach Services:
  (518) 358-3141 ext. 7130
- MCA Community Health Program:
  (613) 575-2341 ext. 3220

Emergency Operations Centers
- SRMT EOC: (518) 320-0019
- MCA EOC: (613) 575-5005 or (613) 575-2331

Coronavirus Hotlines
- Franklin County Emergency Services
  COVID-19 Hotline: (518) 481-1111
- Alice Hyde Medical Center (medical questions):
  (518) 481-2700
- NYS Dept of Health COVID-19 24/7 Hotline:
  1-888-364-3065
- Eastern Ontario Health Unit: 1-800-267-7120

For More Information
- U.S. Center for Disease Control: www.cdc.gov
- NYS Department of Health: www.health.ny.gov
- Eastern Ontario Health Unit: eohu.ca/en

SAINT REGIS MOHAWK TRIBE

MOHAWK COUNCIL OF AKWESASNE

COVID-19
(NOVEL CORONAVIRUS)

HOW YOU CAN PROTECT YOURSELF AND OTHERS FROM INFECTION

Stay at home as much as possible. Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw your tissue in the trash.

Avoid touching your eyes, nose and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for 20 seconds.

What is coronavirus disease 2019? (COVID-19)

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified in China.

How does COVID-19 spread?

The virus that causes COVID-19 is thought to have emerged from an animal source, but is now spreading from person to person. The virus is thought to be spread mainly by people who are in close contact (about 6 feet) with each other, through respiratory droplets produced when an infected person coughs or sneezes. It may be possible to transmit COVID-19 by touching a surface that has the virus on it and then touching your own mouth, nose or eyes, but this is not thought to be the main way the virus spreads.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventative actions, like avoiding close contact with people who are sick and washing your hands often. There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1
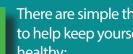Diseases can make anyone sick regardless of nationality, race or ethnicity.

FACT 2
Older adults and people with serious underlying medical conditions may be more at risk for severe illness from COVID-19.

FACT 3
Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

FACT 4
There are simple things you can do to help keep yourself and others healthy:
- Wash hands often and thoroughly
-Avoid touching eyes, nose, mouth
-Stay home when you are sick
-Cover your cough or sneeze
-Practice social distancing

FACT 5
You can help stop COVID-19 by knowing the signs and symptoms .

Steps to help prevent the spread of COVID-19 if you are sick

Stay home except to get medical care. People who are mildly ill with COVID-19 are able to recover at home.

Separate yourself from other people in your home.

Call ahead before visiting your doctor. This includes picking up any prescriptions.

Cover your coughs and sneezes, dispose of tissues in the trash and wash hands immediately.

Wash your hands for 20 seconds often. If soap and water are not available, use hand sanitizer with at least 60% alcohol.

Avoid sharing personal and household items, and wash items thoroughly after each use.