

## STAY INFORMED

**Public Health - Seattle & King  
County**

[www.kingcounty.gov/covid](http://www.kingcounty.gov/covid)

**King County COVID-19 Call Center**

Open 8 AM to 7 PM PST  
(206) 477-3977

**WA State Novel Coronavirus  
Call Center**

For general questions about  
COVID-19  
(800) 525-0127

**WA Department of Health**

[www.doh.wa.gov](http://www.doh.wa.gov)

**COVID-19 Call Center**

Open 6 AM to 10 PM  
(800) 525-0127

**Centers for Disease Control (CDC)**

[www.cdc.gov](http://www.cdc.gov)

(800) 232-4363

**Washington Relay**

Deaf or hard of hearing customers  
Call 711

**If you believe you are  
experiencing life-threatening  
symptoms, call 9-1-1**

Misinformation about COVID-19 can  
create fear and hostility, which makes  
it harder to keep everyone healthy.

Take advantage of the resources  
listed to prevent, interrupt, and  
respond to rumors.

# COVID-19 FACTS & INFORMATION



## WHAT IS COVID-19?

Coronavirus (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 was first identified during an investigation into an outbreak in Wuhan, China.

## WHO IS HIGH RISK?

- Older Adults (60+)
- People who are pregnant
- People with weakened immune systems
- People with underlying health conditions like:
  - Heart Disease
  - Diabetes
  - Lung Disease

To minimize the health impacts of COVID-19, emergency strategies are being implemented. The situation is evolving quickly, visit the resource list for the most recent information.

## WHAT ARE THE SYMPTOMS?

Fever



Cough



Difficulty breathing



People who have been diagnosed with COVID-19 have reported symptoms that may appear in as few as two days or as long as 14 days after exposure.

## SHOULD I GO TO THE DOCTOR?

If you have any of the conditions that may increase your risk for a serious viral infection (age 60 years or over, are pregnant, or have medical conditions), call your physician's office and ask if you need to be evaluated in person. They may want to monitor your health more closely or test you for influenza.

If you do not have a high-risk condition and your symptoms are mild, you do not need to be evaluated in person and do not need to be tested for COVID-19. There are currently no medications to treat COVID-19.

## WHAT IF I AM SICK?



Stay home, except to get medical care.



Cover coughs and sneezes.



Separate yourself from people and animals in your home.



Clean hands and "high touch" surfaces often. Avoid touching your face.



Wear a facemask around others or before entering a health care provider's office.



Monitor your symptoms.