

People First of Missouri COVID-19 Guide

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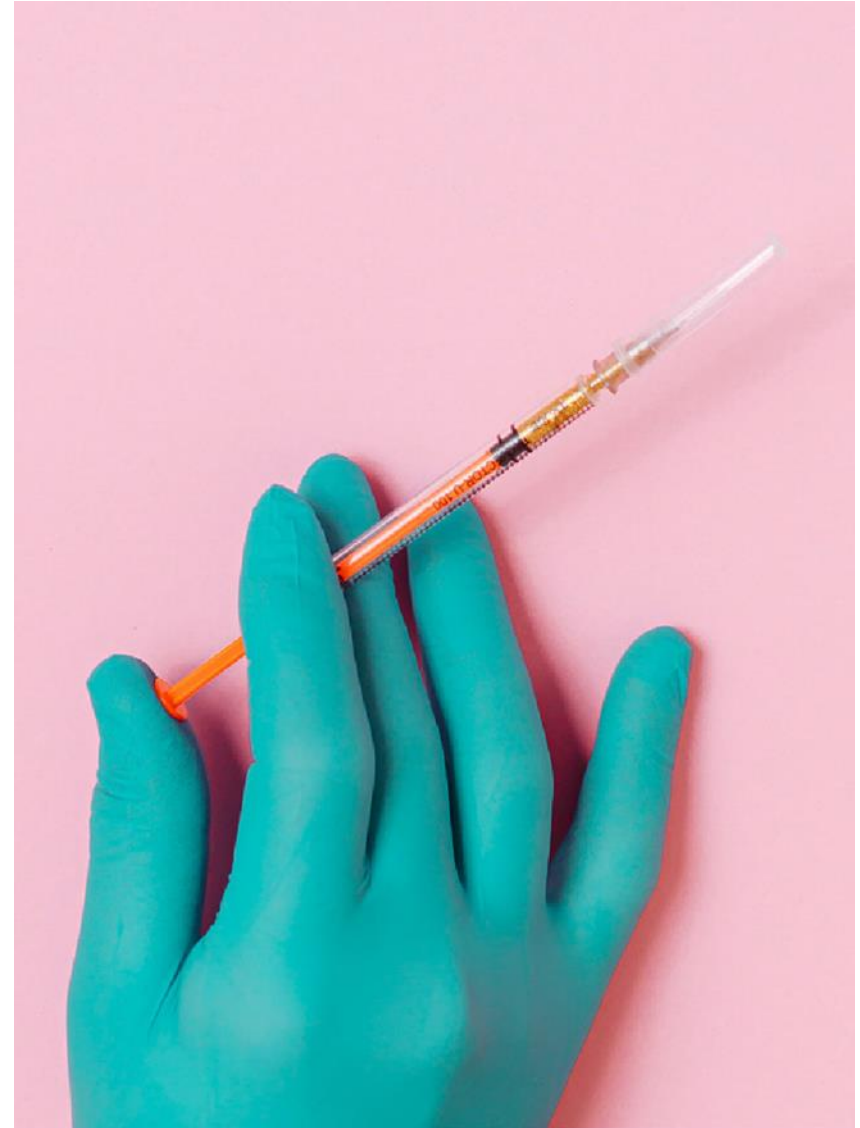
Missouri Plan Language Guide



- You can find this guide by visiting www.moddcouncil.org

COVID-19 Vaccine Eligibility

- Anyone age 12 and older is eligible to receive the COVID-19 vaccine.



COVID-19 Vaccine Access

- **Find how to get the vaccine near you:**
- Go to the Missouri COVID-19 website at
- www.MOStopsCOVID.com

COVID-19 Vaccine Access

- **Call Missouri's COVID-19 Hotline:**
- 877-435-8411

- **Hours:**
- Monday-Friday: 7:30a.m. - 5:30p.m.
- Closed on Saturday and Sunday

What is COVID-19?

- It is a respiratory illness: a disease affecting the lungs and airways
- It is caused by the novel coronavirus
- Has been spreading around the world since 2020.

What is COVID-19

- COVID-19 is a disease that had never been seen before in humans, and it may cause serious illness and death in some people.

How do you get COVID-19

- COVID-19 is spread mainly through close contact from person to person (within 6 feet)
- Touching surfaces that are used regularly (bathrooms, door handles, keyboards, etc.) infected with the virus.



How do you get COVID-19

- When someone with COVID-19 coughs, sneezes, or breathes near you they can spread the virus to others making them sick.



How do you get COVID-19?

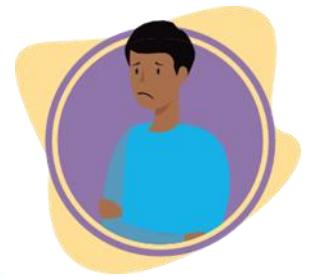
- Germs get into your body through your mouth, nose and eyes.
- **People who have COVID-19 but do not show symptoms can also spread the virus to others.**



What happens if I have COVID-19?

- You may have **some or all** of these symptoms:

- Coughing
- Hard time breathing
- A fever of 100.4 or higher
- Feeling tired
- Headache
- Muscle or body aches
- Sore throat
- Stuffy or runny nose
- New loss of taste or smell



What happens if you have COVID-19?

- If you have these symptoms, it does not mean you have COVID-19.
- Many people get a fever or cough. You might have a cold or the flu.

How sick do you get with COVID-19?

- Most people do not get very sick. It is like having a cold or the flu. Many symptoms are the same.
- **Some older people and people with disabilities may get really sick.** They may have to go to a hospital.
- **Testing is the best way to know if you have COVID-19 or other infections.**

What do I do if I am sick?

- Call your doctor
- Do what your doctor tells you do



What do I do if I am sick?

- Stay at home
- Avoid contact with others
- Keep objects and surfaces clean
- Use tissues, then throw them away



What do I do if I am sick?

- Call your doctor again if you are getting worse
- Call 9-1-1 if you are having trouble breathing



What do I do if someone I live with get sick?

- Stay at least 6 feet away from the sick person and wear a face covering
- Separate the household member who is sick from others living in the household.
- Have only one person care for the person who is sick.
- Do not touch surfaces or food the sick person has touched.
- Keep washing your hands well.
- Do not share food or drinks.
- Call your case manager. There may be someplace else you can stay for a few days.



If I am sick, when should I call my doctor?

- If you have been:
 - Out of the United States.
 - In contact with someone who has the COVID-19 virus at a place where people with COVID-19 received medical care.
 - Call your doctor first, before going to the office.

Questions and Reflections and Evaluation

Thank you for attending!!

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