Answers to Coronavirus Questions

Adult Literacy Research Center
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CLARKSTON COVID-19 COMMUNITY TASK FORCE
Coronavirus Symptoms

- Fever
- Coughing
- Shortness of breath
- Body Ache
- Sore Throat
- Sneezing
- Runny nose
- Diarrhea
This is what I heard……

It’s just like getting a cold and not very serious.

Coronavirus is very serious. Some people have feelings like “just a cold”. But other people get very sick. If you get very sick you might have to go the hospital.

You don’t know if you will get very sick or not. Many people can get very sick and die. In Georgia, more than 21,000 people have gotten very sick.
This is what I heard……
Black people cannot get it.

Anyone can get Coronavirus. People of all colors have been very sick. Many have died. People of all colors have died.
This is what I heard......

God will protect you from getting it or will keep you from getting very sick.

Doctors and medicine can treat Coronavirus.
You can help yourself and others by calling your doctor if you feel sick.
This is what I heard……
Young people can’t get it

Anyone can get Coronavirus.
Young, middle age, and old people have been very sick.
Many have died.
This is what I heard……
People who come from a hot country can’t get it.

Anyone can get Coronavirus.
People from hot and cold countries have been very sick.
Many have died.
This is what I heard……
Women get less sick than men.

Anyone can get Coronavirus.
Both women and men have been very sick.
Both women and men have died.
This is what I heard……

Home remedies like garlic, black tea, warm water, or lemon juice can help prevent or treat Coronavirus

Home remedies do not prevent or treat Coronavirus.
You can help yourself and others by calling your doctor if you feel sick.
How can I help myself and others not get sick?

- Wash your hands with soap and water.
- Do not touch your face.
- Stay at least 2 meters away from other people.
- Stay home if you are sick and call your doctor for advice.
- Wear a mask and gloves if you are sick and are around other people.
- Stay home if you don't have to go out.
Why are we staying home? It will bring shame to not have friends over.

When we stay home or stay away from other people we stop COVID-19 from spreading between people.

Your friends will get less sick.

Your community will get less sick.
I survived a lot of diseases in the past. I’ll be fine.

This is a brand new virus and we don’t know how your body will respond to it.

Just because you had diseases in the past, does not mean that you cannot get Coronavirus.
I don’t want to be tested. I don’t want to be the first person in my community to have the disease.

People in your community already have Coronavirus. Some people are staying at home to get better. Other people have to go to the hospital.

It is important to know if you have Coronavirus so you can take care of yourself and your family.
Someone in my house is sick with COVID-19. What should I do?

Do not spend time with the sick person.

- Wear a cloth face mask if you go near the sick person
- Leave food outside the door of the sick person’s room
- Every day, clean any place that is touched a lot like doorknobs or counters
- Wash all dishes and laundry as often as you can to keep them clean
- Use the phone to talk to the sick person
Someone in my house is sick with COVID-19. What should the sick person do?

- Stay in one room, away from other people
- Wear a cloth face mask if possible
- Use a separate bathroom if possible
- Use one set of dishes, towels, and sheets
- Wash their hands carefully
- Use the phone to talk to other people
How do I Wear and Clean a Face Mask?

- The mask should cover your nose, cheeks, mouth, and chin.
- The mask should be tied on to your head with elastic or string so it stays on.
- When you take the mask off, do not touch the front of it. That is where all of the germs are and you don’t want to get them on your hands.
- Wash your hands with soap and water before you touch your face.
- Turn the mask inside out if you can’t wash it right away.
- You can wash the mask in the sink with dishwashing soap and hot water. Then you can hang it to dry.
- You can wash the mask in the washing machine.
- You should wash the mask every day.
How do I Clean Up When I Get Home from Work?

What do I do when I **leave work and travel home?**
Keep your face mask on.
Wash your hands with soap and water before you leave work.

What do I do when I **get home?**

- Wash your hands with soap and water as soon as you get home.
- Take the mask off, do not touch the front of it. Put it in the laundry basket.
- Take off your clothes and put in the laundry basket right away.
- Try to do the laundry every day. Do not wear a dirty mask or dirty clothes to work.
- Take a bath or a shower.
- Put on clean clothes.
- If you cannot take a bath or shower right away, wash your hands with soap and water. Then wash your face, neck, and arms with soap and water before you put on clean clothes.
How do I keep my house clean?

- Clean all of the places you touched when you came home from work. This might be the doorknob, table, sink, light switch, or phone.
- Use a liquid spray and a clean rag or paper towel to clean surfaces.
- The kinds of sprays you can use have names like Clorox and Lysol. They will say “DISINFECTANT” on the bottle.
- You can also use a mix of bleach and water to clean surfaces. Mix 5 Tablespoons of bleach with 1 gallon of water.