COVID-19

T	C	E	T	O	R	P	K	L	V	U
F	B	S	E	S	P	R	E	A	D	S
Y	R	G	N	I	H	S	A	W	K	M
O	E	X	T	M	J	A	J	E	K	C
V	A	C	C	I	N	A	T	E	D	O
T	T	S	U	R	I	V	B	B	D	U
E	H	W	U	D	N	W	L	B	W	G
S	E	S	E	Z	E	E	N	S	L	H
T	B	T	S	S	E	N	K	C	I	S
E	Q	D	E	T	S	O	O	B	B	F
D	B	M	A	S	K	J	D	I	W	Z

Instructions: Find the underlined words in the above find-a-word.

COVID-19 is a sickness that affects the lungs and other parts of the body that help you breathe. COVID-19 is caused by a virus called SARS-CoV-2. COVID spreads when a person with COVID coughs, sneezes, talks, or breathes out droplets and very small particles that contain the virus, and another person breathes in these particles or they land on their eyes, nose, mouth, or a surface they touch.

In the US, 81 million people have gotten COVID, and 990,000 have died from COVID. But, it is possible to protect yourself & others by getting vaccinated and boosted, wearing a mask over your nose and mouth, washing hands often, covering coughs and sneezes, and getting tested when you feel sick or are around someone with COVID

COVID-19 FAQ's

What are the symptoms of COVID?

After being around someone with COVID, people begin to feel sick within 2-14 days. Anyone can have a mild to severe sickness. Some ways to tell you have COVID include:

• fever / chills • cough • shortness of breath / difficulty breathing • tiredness • muscle / body aches • headache • new loss of taste or smell • sore throat • stuffy or runny nose • nausea / vomiting • diarrhea

Who is at risk of getting very sick from COVID?

Anyone can get very sick from COVID, but some people are at increased risk including older adults, racial and ethnic minority groups, people with disabilities, people with other medical conditions (such as cancer, liver disease, diabetes), pregnant individuals, and people who smoke or have substance use disorders.

Do the COVID vaccines work?

Yes! Like any vaccine, COVID vaccines are not 100% effective at stopping you from getting sick. But, being vaccinated does make you less likely to get sick with COVID, less likely to need to go to the hospital, and less likely to die from COVID.

Is the booster shot necessary?

Yes! Booster shots restore protection against COVID-19 which may have decreased over time. Right now, one booster is recommended for people ages 12+ and a second booster is recommended for people ages 50+.

What should I do if I get sick with COVID?

If you test positive for COVID-19 or feel sick after being around someone with COVID-19:

• Stay away from others for at least 5 days and until you have been fever-free for 24 hours

• Take care of yourself by getting rest, drinking plenty of water, and taking Tylenol, Motrin, or Advil to help you feel better

• If you must be around others, wear a well-fitting mask and stay 6-feet away

Where can I get vaccinated?

Ask someone at Recovery Cafe when they are hosting a vaccine clinic!

Find vaccination pop-ups in King County at: kingcounty.gov/vaccine/schedule

COVID-19 vaccination clinic at the Amazon Meeting Center
Saturdays and Sunday, 9:30am-3:30pm Location: 2031 7th Ave, Seattle, WA

*COVID-19 vaccines are available for everyone age 5 years and older at no cost, regardless of insurance or immigration status