

To serve, protect, and promote a healthy community for all.



HEALTH DEPARTMENT
Caring today for a healthy tomorrow

BULLETIN BITS

KENT COUNTY COVID-19 CHURCH TASK FORCE
WWW.ACCESSKENT.COM/HEALTH/CORONAVIRUS
SUNDAY, AUGUST 23, 2020

IS IT COVID-19? WHAT TO WATCH FOR IN SYMPTOMS

You're feeling a little run down, have a scratchy, sore throat and dry cough. You ask yourself "are these the symptoms of COVID-19?" They can be, but they may also be caused by allergies or the seasonal flu. The flu season can begin as early as October and extends through May with peaks from December to February. COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported - from mild to severe - and some infected people do not show any symptoms, but can still spread the virus.



The CDC has a **Coronavirus Self Checker** which is a series of questions you can ask about yourself or a loved one. Based on the answers, the Self Checker will guide you in deciding if you should seek medical care.

[CDC Coronavirus Self Checker](#)

Know the symptoms of COVID-19, which can include the following:



SYMPTOMS OF COVID-19

They may appear 2-14 days after exposure to the virus

- **FEVER OR CHILLS**
- **COUGH**
- **SHORTNESS OF BREATH OR TROUBLE BREATHING**
- **FATIGUE**
- **MUSCLE OR BODY ACHES**
- **HEADACHE**
- **NEW LOSS OF TASTE OR SMELL**
- **SORE THROAT**
- **CONGESTION OR RUNNY NOSE**
- **NAUSEA OR VOMITING**
- **DIARRHEA**

**LOOK FOR EMERGENCY WARNING SIGNS
SEEK EMERGENCY MEDICAL CARE IMMEDIATELY**

- **TROUBLE BREATHING**
- **PERSISTENT PAIN OR PRESSURE IN THE CHEST**
- **NEW CONFUSION**
- **INABILITY TO WAKE OR STAY AWAKE**
- **BLUISH LIPS OR FACE**

STOP THE SPREAD
If you have or think you might have COVID-19, it is important to stay home, monitor and care for your symptoms and stay away from other people.



Click the logo.
Take the survey!

bit.ly/kentcounty2020

SHARE YOUR VOICE, SHAPE YOUR COMMUNITY

The 2020 Kent County Community Health Needs Assessment Survey is OPEN!

Take a 15 minute anonymous survey to tell us what impacts health and well-being where you live. Your input will help identify and prioritize the health needs in your community. The survey is available in both English and Spanish.