



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

www.accesskent.com/health/coronavirus

COVID-19 Health-Related Questions?

Call 888-535-6136

Community Resources Call 2-1-1

Questions for KCHD? covid@kentcountymi.gov

For the Kent County COVID-19 Data Dashboard Visit : www.accesskent.com/Health/covid-19-data.htm

For COVID-19 Testing Sites Visit: www.accesskent.com/Health/covid-19-testing.htm

What's New? Safety guidelines, best practices, and resources for reopening Kent County businesses.

Visit the Kent County Back to Work Website: <https://kentcountybacktowork.com/>

COVID-19 Symptoms to Watch For

Symptoms may appear **2-14 days** after exposure to the virus. People with these symptoms may have COVID-19:

- **Cough**
- **Shortness of breath or difficulty breathing**
- **Fever**
- **Chills**
- **Muscle pain**
- **Sore throat**
- **New loss of taste or smell**

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

When to Seek Emergency Medical Attention. Look for **emergency warning signs*** for COVID-19. If someone is showing any of these 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**

**This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.*

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape



CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

How does one safely sterilize/clean a cloth face covering?

Face cloths coverings should be routinely washed depending on the frequency of use. A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing. When removing their cloth face covering and wash hands immediately after removing

DIY Cloth Face Coverings

PDF Handout:

www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf

Instructional Video

If you have fabric on hand or a t-shirt watch Sara Simmons, Environmental Health Director at the Kent County Health Department instructional video how to make a no-sew mask.

www.youtube.com/watch?v=x2HnWPW0NtI