



COVID-19 TESTING IN YOUR COMMUNITY

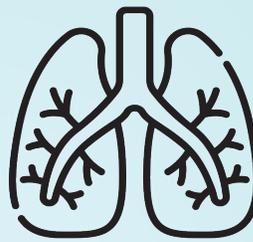
Do you have symptoms of coronavirus (COVID-19)?



Fever



Cough



Difficulty Catching
Your Breath or Trouble
Breathing



Body Aches
& Fatigue

CALL

205-975-2819 (CV19)

TO MAKE AN APPOINTMENT

Follow @UABMHRC on Facebook, Twitter, and Instagram to see upcoming dates and the latest information.

UAB MINORITY HEALTH & HEALTH DISPARITIES
RESEARCH CENTER

The University of Alabama at Birmingham

uab.edu/LiveHealthSmartAL

UAB MEDICINE

THE FACTS: COVID-19

WHAT IS COVID-19?

Coronaviruses are the second most common cause of colds. COVID-19 can cause mild illness that can be overcome, but it can also be life-threatening.

WHO IS HIGH RISK?

People 65+ and people with chronic health conditions are more at risk for severe illness and death from COVID-19.

- Asthma
- Chronic Kidney Disease
- Chronic Lung Disease
 - COPD
 - Emphysema
- Diabetes
- High Blood Pressure
- Liver Disease
- Prior Heart Attack
- Serious Heart Conditions
- Severe Obesity
- Those Undergoing Dialysis

Also at risk are people whose immune systems are weakened from things like:

- Smoking
- Cancer Treatment
- Bone Marrow or Organ Transplantation
- Poorly Controlled HIV or AIDS

If you have a history of being prescribed any of the following:

- Inhalers
- Breathing Treatments
- Water Pills
- Insulin
- Metformin

HOW DOES IT SPREAD?



COVID-19 is spread from person-to-person or by touching an object after someone coughs or sneezes.

TRACKING SYMPTOMS

Are you experiencing these symptoms?

- Fever
- Coughing
- Difficulty Catching Your Breath
- Body Aches & Fatigue

Tracking Your Symptoms:

UAB has developed a way to identify hot spots where the coronavirus might be spreading.

You can help! Map it. Zap it.

- Visit [HelpBeatCOVID19.org](https://www.HelpBeatCOVID19.org) once a day and tell us how you're feeling.
- It takes less than 5 minutes and could help save a life!

HOW DO I KEEP SAFE?



Stay home and away from people.



Wash your hands frequently.



Cover your cough or sneeze with a tissue, then throw it in the trash.



Clean & disinfect frequently touched surfaces every day.



Don't touch your eyes, nose, and mouth.



Cover your mouth and nose with a cloth mask in public.