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.
### 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.

### 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](http://HelpBeatCOVID19.org) once a day and tell us how you’re feeling.
- It takes less than 5 minutes and could help save a life!

### 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 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.**