

## COVID-19 FAQs

### **Q: What are the symptoms and warning signs of COVID-19?**

**A:** Symptoms may appear between 2 to 14 days after exposure and can range from mild symptoms to severe illness. Symptoms include: fever, a cough, and shortness of breath. If you are experiencing any of these symptoms, avoid contact with others and reach out to your medical provider.

If you develop emergency warning signs for COVID-19 get medical attention immediately. These emergency signs include: trouble breathing, persistent pain or pressure in the chest, new confusion or inability to wake someone, and blue-ish lips or face.

For more detailed information on the CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

### **Q: How do I get tested or when and how do I receive medical care if I become ill?**

**A:** Not everyone needs to be tested for COVID-19.

**If** you have symptoms, which include coughing, fever and body aches and want to get tested, try calling your medical provider or Denver Public Health at 303-602-3700. Test supplies are increasing, but it may still be difficult to quickly obtain testing.

If you feel ill, please stay away from others as much as possible and contact your medical provider.

If you do not have a regular medical provider, reply with “MEDICAL” to find your nearest community clinic.

## **Q: Who do I contact if I have lost income because of COVID-19 and have questions about financial assistance?**

**A:** Anyone who has lost income because of COVID-19 can apply for unemployment benefits through the state. Start the process by searching this link:

[www.careeronestop.org/LocalHelp/UnemploymentBenefits/find-unemployment-benefits.aspx?newsearch=true](http://www.careeronestop.org/LocalHelp/UnemploymentBenefits/find-unemployment-benefits.aspx?newsearch=true)

Information about applying for food stamps/SNAP can be found here:

<https://www.fns.usda.gov/snap/state-directory>

Congress has passed legislation that will send direct payments to individuals and families as part of a support and stimulus package. These payments may be ready around the second week of April. Be aware that if you receive any texts or emails telling you how to get this money, it is likely a scam that should be ignored.

If you have questions specific to help with rent or mortgages, utilities, getting food immediately or other questions, reply with the word “HELP”.

## **Q: How is COVID-19 is transmitted, including information about prevention?**

**A:** There is currently no vaccine to prevent COVID-19. The virus is thought to spread mainly from person-to-person; either between people who are within about 6 feet of one another or through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

The best way to prevent illness is to avoid being exposed to this virus. Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.

It may be possible for a person to get COVID-19 by touching a surface or object that has the virus

on it and then touching their own mouth, nose, or possibly their eyes. Although this is not thought to be the main way the virus spreads, it is recommended to disinfect frequently touched surfaces.

For more detailed information on the CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

**Q: Are there travel restriction in place and where can I find the latest information about travel advice and restrictions?**

**A:** Generally speaking, unnecessary travel is strongly discouraged either within the country or internationally.

COVID-19 has been reported in all states and territories, and many areas are experiencing community spread of the disease.

Crowded travel settings, like airports, also increase your risk of COVID-19 exposure.

For more detailed information on the CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>