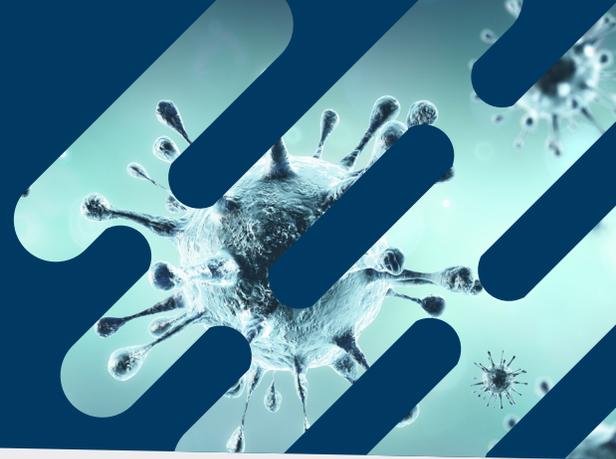


# All About COVID-19

(Coronavirus Disease)

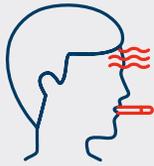
Revised 3-22-2020



## WHAT IS THE CORONAVIRUS?

**A new virus that causes a respiratory illness called Coronavirus Disease 2019 (COVID-19).**

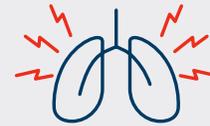
**Symptoms include:**



**FEVER**



**COUGH**



**SHORTNESS OF BREATH**

*Symptoms usually start 2-14 days after being exposed to the virus.*

## HOW DOES IT SPREAD?

The virus spreads through liquid droplets that come from coughing. It can also spread if you touch a surface or object with the virus on it and then touch your face.

You might be exposed if you have had close contact with someone who has COVID-19 or live in a facility (like a group home or shelter) where there has been an outbreak.

## WHAT IS THE TREATMENT?

There's currently no vaccine or cure for COVID-19, but some are being researched.

**Most people have mild symptoms that can be managed at home with over-the-counter medications and rest.**

Some people can have severe pneumonia that needs treatment in a hospital. Risk factors for severe illness include

- Over 60 (but some young people can have severe illness too)
- Already weakened immune system
- Medical conditions like heart disease, diabetes, high blood pressure, cancers, or lung diseases.

## IF YOU THINK YOU MIGHT BE SICK

For most people, it's best to avoid going to the emergency room where there are long waits and crowds.

**Banner has drive through/walk-up testing centers in Phoenix and Tucson. You must call ahead at 844-549-1851.**

**Go to the ER if you're having severe symptoms like difficulty breathing or chest pain.**

## STOPPING THE SPREAD

- Wash your hands OFTEN with soap and water for at least 20 seconds
- Avoid touching your face
- Clean surfaces/door handles often
- If you don't have a mask, cough into a tissue or your elbow
- Stay six feet away from anyone who is coughing.
- Stay home or away from crowds as much as possible
- Wear a mask if you have a cough

## MORE COVID-19 INFORMATION

Arizona Coronavirus Hotlines  
1-844-542-8201 or 2-1-1

Online  
coronavirus.gov & adhs.gov

# Coping with COVID-19

(Coronavirus Disease)

Revised 3-22-2020



## STAYING CALM AND HEALTHY DURING A PANDEMIC

### Watch for signs of stress:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of existing mental health conditions
- Increased use of alcohol, tobacco, or other drugs

### Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Stay on a schedule. A schedule helps us feel more in control. Do things that make you feel productive but also make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

## STAY SAFE IF YOU'RE USING

- Avoid sharing supplies
- Wash your hands before and after preparing drugs
- Prepare your drugs yourself or stay with the person who does and ensure they wash their hands
- Keep the place where you prepare drugs clean
- Plan and prepare for overdose
- Stock up on clean supplies

## REACH OUT FOR HELP

### Warm lines and peer support:

Maricopa County	602-347-1100
Pima County	520-770-9909
AZ Warm Line	1-888-404-5530

### Crisis Lines:

Maricopa County	1-800-631-1314 or 602-222-9444
Southern AZ	1-866-495-6735 or 520-622-6000
Northern AZ	1-877-756-4090
Crisis Text Line	text CONNECT to 741741
Veterans Crisis Line:	1-800-273-8255
Domestic Violence:	1-800-799-7233

## WE ARE HERE FOR YOU

### Phoenix:

Urgent Psychiatric Center	1201 S 7th Ave #150 (602) 416-7600
Osborn Clinic	3333 N. 7th Ave. 602-753-3360

### Tucson:

Crisis Response Center	2802 E District St (520) 301-2400
Catalina Clinic	1135 N. Jones Blvd. 520-448-0670