**Truths about Covid-19**

- **COVID-19 is real** and people have died because of it

- COVID-19 cases are **dramatically increasing** daily - The virus has **NOT** gone away

- It is **NOT** like the flu - it is **more contagious**

- You can **STILL** spread the virus and not have any symptoms

- When going out in public, **wear a mask** and stay at least 6-feet away from others. Continue to **cover your mouth/face** when you cough or sneeze with your elbow or a tissue

- Younger people are **getting** the virus and some are dying from lung problems, stroke and inflammatory condition which may be linked to COVID-19
Truths about Covid-19

People are still dying from Covid-19, especially in black/brown communities, in the prison system and amongst elderly populations.

There is NO FDA approved curative treatment for COVID-19.

Even though a COVID-19 vaccine is in process, it will NOT treat COVID-19 and we still have to take the virus seriously.

If you fall ill for any reason, do not delay care or avoid going to the hospital. There is a rising number of deaths from heart attacks, strokes, and chronic medical diseases amongst people who are avoiding care for fear of going to the hospital.

Testing is available. The results are not 100% accurate.

If you have symptoms with a negative test, continue to self isolate for 2 weeks.
Truths about Covid-19

- **Do NOT** take any medications for Covid-19 (like hydroxychloroquine or “Plaquenil”) without speaking to your doctor first.

- Bleach and cleaning products should **NOT** be ingested or inhaled.

- Social distancing **slows** the spread of Covid-19.

- Continue to **wash** your hands frequently.

- There are **many** conspiracy theories out there. Please talk to your doctor or visit a trusted source of information: CDC, WHO, IMANA (https://imana.org/covid-19)