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| **Page Title** | **Page Type** | **Information and/or Question** | **Answer Choices (for question pages)** | **Feedback (for question pages)** | **Jump To** |
| Lesson Overview | Content | In this lesson you will:Recognize the most common symptoms of COVID-19Identify the most effective ways to slow the spread of COVID-19Let's start with recognizing the most common symptoms of COVID-19: |  |  | Next Page |
| Symptoms of COVID-19 | Content | COVID-19 SymptomsPeople with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:- Cough, shortness of breath or difficulty breathing- Fever or chills- Muscle or body aches- Vomiting or diarrhea- New loss of taste or smell |  |  | Previous PageNext Page |
| COVID-19 Symptoms knowledge check | Question | Which of the following symptoms is NOT an indication that a person may be infected with COVID-19? | - Fever or chills- Vomiting or diarrhea- Skin rash or dermatitis- New loss of taste or smell | Wrong answer: Try again.Right answer: Correct - a skin rash or dermatitis is not a typical symptom of COVID-19. | Wrong answer: Previous PageRight answer: Next Page |
| How to Slow the Spread |  | Now that you've identified some common symptoms, let's look at how to mitigate your risk of getting infected with COVID-19.Ways to Slow the SpreadWear a maskWear a mask over your nose and mouth and secure it under your chin.Make sure you can breathe easily.Stay 6 feet away from othersKeeping distance from others is especially important for people who are at higher risk of getting very sick.Get VaccinatedAuthorized COVID-19 vaccines can help protect you from COVID-19.You should get a COVID-19 vaccine when it is available to you.Avoid crowds and poorly ventilated spacesAvoid indoor spaces that do not offer fresh air from the outdoors as much as possible.If indoors, bring in fresh air by opening windows and doors, if possible.Wash your hands oftenIf 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.Cover coughs and sneezesIf you are wearing a mask, you can cough and sneeze into your mask. Replace the mask as soon as possible.If you are not wearing a mask, use a tissue.Clean and disinfectClean high-touch surfaces daily. Monitor your health dailyBe alert for symptoms.Follow CDC guidance if symptoms develop. |  |  | Previous PageNext Page |
| Slow the spread: True or false? | Question | True or false: You can protect yourself from COVID-19 by injecting, swallowing, bathing in or rubbing onto your body bleach, disinfectants or rubbing alcohols. | FalseTrue | Wrong answer: INCORRECT - These products are highly toxic and should never be swallowed or injected into the body. Call 911 if this occurs.Disinfectants, bleach and soap and water may be used to clean surfaces, an important prevention step in stopping the spread of coronavirus and COVID-19 — the disease caused by the coronavirus that’s led to the global pandemic. Never attempt to self-treat or prevent COVID-19 by rubbing or bathing with bleach, disinfectants or rubbing alcohol anywhere on your body. Effective hand sanitizers do have alcohol, but they are formulated to be safe for use on hands.Right answer:INCORRECT - These products are highly toxic and should never be swallowed or injected into the body. Call 911 if this occurs.Disinfectants, bleach and soap and water may be used to clean surfaces, an important prevention step in stopping the spread of coronavirus and COVID-19 — the disease caused by the coronavirus that’s led to the global pandemic. Never attempt to self-treat or prevent COVID-19 by rubbing or bathing with bleach, disinfectants or rubbing alcohol anywhere on your body. Effective hand sanitizers do have alcohol, but they are formulated to be safe for use on hands. | Wrong answer: Previous pageRight answer: End of lesson |