

## COVID-19 Today

COVID-19 is the disease caused by the virus SARS-CoV-2. The virus spreads from person to person through droplets in the air that are released when someone coughs, sneezes, laughs, or speaks.

People with COVID-19 may have a fever, cough, headache and body aches, and fatigue, but some people have no symptoms. For some, symptoms can last long after infection ("long COVID").

**Today, SARS-CoV-2 and COVID-19 are part of everyday life. It's up to each of us to make COVID-19 safety part of our routines to protect ourselves and everyone else.**

### Your Risk

People of all ages with underlying medical conditions, including

- compromised immune systems,
- chronic lung problems or asthma,
- heart conditions,
- obesity,
- diabetes, and
- chronic kidney or liver disease,

are at increased risk of hospitalization and death from COVID-19. Anyone can catch SARS-CoV-2, and previously healthy adults and children have gotten seriously ill and died from COVID-19.

## More Information

### Mecklenburg County Public Health

[MeckNC.gov/COVID-19](https://MeckNC.gov/COVID-19)  
980-314-9400, option 3  
(English) or option 8 (Spanish)



### NC Department of Health and Human Services

[COVID19.NCDHHS.gov](https://COVID19.NCDHHS.gov)  
888-675-4567



### U.S. Centers for Disease Control and Prevention

[CDC.gov/coronavirus/2019-nCoV](https://CDC.gov/coronavirus/2019-nCoV)



# COVID-19 and You

Mecklenburg County Public Health

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General information to make informed health decisions

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MECKLENBURG COUNTY  
North Carolina

Public Health

# Prevention

## Layers of Protection

No one type of protection is perfect, so it is important to layer these safety measures to prevent infection:

- Wash your hands with soap and water or use hand sanitizer frequently.
- Stay at least six feet away from others and avoid crowded, indoor spaces.
- Wear a mask if close to others.
- If you feel sick or have been exposed to COVID-19, wear a mask, stay away from others, and get tested.
- Get a COVID-19 vaccine and stay up to date with all recommended doses.

## Vaccination

Getting all the recommended doses of a COVID-19 vaccine is the best way to avoid serious illness. You are much more likely to have serious health problems from COVID-19 illness than from COVID-19 vaccination.

The authorized and approved COVID-19 vaccines are incredibly safe and effective and are widely available for free in Mecklenburg County without proof of insurance or identification.

**People who are vaccinated may still get infected, but they are much less likely to experience severe illness, hospitalization, and death.**

# Testing

## When to Test

- If you feel sick, test immediately.
- If you had close contact with someone who has COVID-19, test at least 5 days after exposure.
- Test before you travel or attend a gathering so you can avoid spreading the virus to others.
- If you could have been exposed while traveling or gathering, test 5 days after potential exposure.

**Every U.S. household may order FREE at-home test kits, delivered through the mail. Order online at [COVIDtests.gov](https://www.covidtests.gov) or by phone at 1-800-232-0233.**

## Find Vaccination, Testing, and Treatment Near You

Visit [Vaccines.gov](https://www.vaccines.gov) to find vaccine locations near you.

Visit [COVID-19-therapeutics-locator-DHHS.hub.arcgis.com](https://www.covid-19-therapeuticslocator-dhhs.hub.arcgis.com) to find treatment locations near you.

Visit [MeckNC.gov/COVID-19](https://www.MeckNC.gov/COVID-19) to find vaccine, testing, and treatment locations near you.



# Treatment

**If you are sick and at risk of hospitalization, seek treatment IMMEDIATELY.**

**Treatments must be given within 5 days of the start of symptoms and can only be prescribed by a medical professional.**

Treatments are available to non-hospitalized COVID-19-positive people to ease the symptoms and lessen the severity of COVID-19 illness.

It is important to contact your health care provider as soon as you feel sick in order to get a positive result from an in-person molecular test (not an at-home rapid test), prescription, and medication within 5 days.

## Test to Treat Program

The federal Test to Treat program helps people find pharmacy-based clinics, health centers, and long-term care facilities that can provide COVID-19 testing, diagnosis, and treatment at one location.

Visit the Test to Treat Website at [ASPR.HHS.gov/TestToTreat](https://www.ASPR.HHS.gov/TestToTreat) to find a participating location near you.

