

# W E L C O M E

Information about COVID-19



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention

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# **Welcome!**

**This packet is to help you and your family stay healthy during the COVID-19 pandemic after your arrival to the United States. Keep this packet with you as it contains important information for you and your family to follow and know about COVID-19.**

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COVID-19 is an illness caused by a virus that can spread person to person. COVID-19 cases and deaths have been reported in most communities in the United States. State and local governments have different rules regarding COVID-19 and some may require recent travelers to stay home for a period of time. Your resettlement agency case worker can help you find your new community's information on COVID-19 and information about where to get a COVID-19 vaccination.

You can get COVID-19 during your travels. You may feel well and not have any symptoms, but you can still spread COVID-19 to others. You and your travel companions (including children) may spread COVID-19 to other people including your family, friends, and community for 14 days after you were exposed to the virus.

### Take these precautions to protect yourself and others:



**Stay home as much as possible for the first 10 days after arrival.** Contact your resettlement agency case worker for information about specific requirements in your area.



**Watch your health: Look for symptoms of COVID-19 and take your temperature if you feel sick.**



**Avoid being around people at increased risk for severe illness from COVID-19.** To learn who is at higher risk, see "People Who Are at Increased Risk for Severe Illness" in your language. <https://bit.ly/nativelanguage>



**When around others, stay at least 2 meters (6 feet) from other people who are not from your household. It is important to do this everywhere, both indoors and outdoors.**



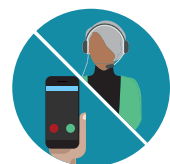
**Wear a mask when you are outside of your home. The mask should completely cover your nose and mouth and fit snugly against the sides of your face.**



**Wash your hands often or use hand sanitizer that contains at least 60% alcohol.**



**If you get sick with symptoms of COVID-19, call ahead before seeing a doctor.**



**Contact your resettlement agency case worker if you have questions.**



**After arrival, ask your healthcare provider or resettlement agency case worker about getting a COVID-19 vaccine if you haven't been vaccinated yet. When you've been fully vaccinated, you can follow CDC's recommendations for fully vaccinated people. [bit.ly/fullvaccination](https://bit.ly/fullvaccination)**

## WATCH FOR SYMPTOMS of COVID-19, WHICH CAN INCLUDE THE FOLLOWING:



Symptoms can range from mild to severe illness and can appear 2-14 days after you were exposed to the virus that causes COVID-19. This list does not include all possible symptoms. Please call a doctor for any symptoms that are severe or concerning to you.



**Watch your health: Look for symptoms of COVID-19 and take your temperature if you feel sick. Fever is 100.4°F/38°C or higher.**

**With COVID-19, fever can come and go, and some people might not have a fever at all. Fever is less likely in people with some underlying medical conditions, older adults, or people taking certain fever-reducing medications such as acetaminophen, paracetamol, or ibuprofen.**

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

### If you get sick with fever, cough, or other symptoms of COVID-19:



**Stay home.** Avoid contact with others until it is safe for you to end home isolation.



**You might have COVID-19;** most people are able to recover at home without medical care.



**Call your resettlement agency case worker** if you need help, such as needing an interpreter to talk to a doctor.



**Stay in touch with a doctor.** If you are worried about your symptoms, call or text before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms.



**If you have an emergency warning sign (including trouble breathing), call 911** to get emergency medical care immediately. Tell them about your recent travel and your symptoms.



**If you live in close quarters with others, take additional precautions to protect them.**

Find out when you can be around others after you had or likely had COVID-19.

Learn more at <https://bit.ly/endhomeisolation>.

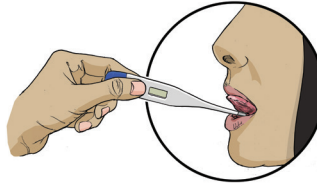
For more information about COVID-19 in your language, visit <https://bit.ly/nativelanguage>.

1



Turn the thermometer on by pressing the button near the screen.

2



Hold the tip of the thermometer under your tongue until it beeps. Don't bite the thermometer.

3



Read your temperature on the screen.

4



Record your temperature.

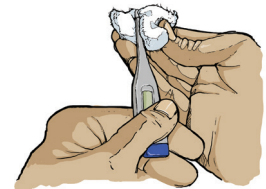
5



**Please note:** for a child younger than 4 years old, place the thermometer under the child's arm in the center of the arm pit.

Tell the public health worker or doctor that you are taking your child's temperature this way.

6



Clean your thermometer with soap and water or an alcohol pad.

## WHERE TO GET HELP

Call your resettlement agency case worker if you have questions or need help with anything. Record their contact information below.

### Resettlement Agency Case Worker Contact Information

Name:

Phone number:



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