



## CORONA VIRUS-19 (Updated 2022) DC 37 SAFETY AND HEALTH FACT SHEET

In 2019, a new Coronavirus strain occurred that caused respiratory illnesses and was transmitted from person to person via airborne particles. Since 2019, several additional strains have mutated including Omicron, Delta, Alpha and Beta.

### PREVENTATIVE MEASURES INCLUDE:

**GET VACCINATED AND BOOSTED**

**WEAR A MASK COVERING YOUR NOSE AND MOUTH**

**SOCIAL DISTANCE**

**WASH YOUR HANDS FREQUENTLY OR USE HAND SANITIZER  
CONTAINING 60% OR MORE ALCOHOL**

**CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES**

**IF SICK, STAY HOME AND SEEK MEDICAL ATTENTION**

**GET TESTED VIA RAPID OR PCR TEST**

**GET TREATMENT. ANTIVIRAL (PAXLOVID PILL) AND MONOCLONAL  
ANTIBODY TREATMENTS ARE AVAILABLE. SEEK MEDICAL ATTENTION.**

### SYMPTOMS MAY INCLUDE:

**FEVER**

**HEADACHE**

**SORE THROAT**

**COUGH**

**FATIGUE**

**LOSS OF TASTE**

### LONG COVID SYMPTOMS MAY INCLUDE:

**General symptoms:** Tiredness or fatigue that interferes with daily life, symptoms that get worse after physical or mental effort (also known as “post-exertional malaise”) and fever

**Respiratory and heart symptoms:** Difficulty breathing or shortness of breath, cough, chest pain, fast-beating or pounding heart (also known as heart palpitations)

**Neurological symptoms:** Difficulty thinking or concentrating (sometimes referred to as “brain fog”), headache, difficulty sleeping, dizziness when you stand up (lightheadedness), pins-and-needles feelings, change in smell or taste and depression or anxiety

**Digestive symptoms:** Diarrhea, and stomach pain

**Other symptoms:** Joint or muscle pain, rash and changes in menstrual cycles, and Post Traumatic Stress Disorder (PTSD).

Unvaccinated persons, those with certain medical conditions and persons over the age of 50 are more likely to become severely sick and require hospitalization from COVID. Vaccinations and booster shots can reduce severity of illness, hospitalizations and death.

If exposed to someone with COVID and you are asymptomatic, isolate for 5 days to prevent spreading the disease.

Watch for symptoms up to 10 days after exposure.

If experiencing symptoms, get tested. Seek medical treatment immediately if diagnosed positive. Treatments must begin within 5 days of onset of symptoms.

For information on specific data within the U.S. go to:  
<https://covid.cdc.gov/covid-data-tracker/#datatracker-home>

For information on specific data in N.Y.C. go to:

<https://www1.nyc.gov/site/doh/covid/covid-19-data.page>