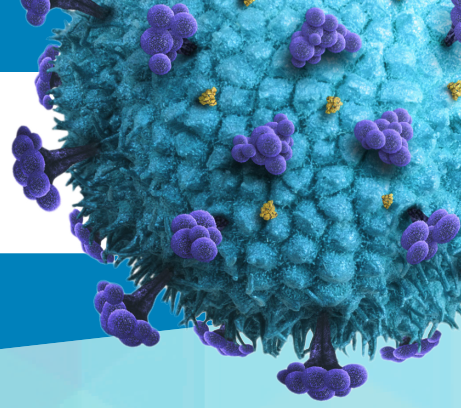


COVID-19:

What to Do to Stay Safe and Protect Others

ABC

Association of Black Cardiologists, Inc.
Saving the Hearts and Minds of a Diverse America
abcario.org



Reduce your risk of getting COVID-19 by ...



Getting vaccinated. This reduces your chances of contracting the virus that causes COVID-19. If you do get COVID-19, vaccines can help prevent serious illness and death.

Wearing a mask in public places where there are a lot of people around. The mask should cover your nose and mouth, and fit snugly on your face.

Being cautious in poorly ventilated and crowded spaces. Open windows and doors to bring in fresh air, when possible.

If you are at **increased risk** for severe illness, consider extra precautions.

If you suspect you have COVID-19 ...

Get tested if you have COVID-19 symptoms or have been in close contact with someone who's tested positive. There are two types of COVID-19 tests:

- Antigen tests, often called rapid tests
- Molecular tests, such as polymerase chain reaction (PCR) tests

You can order two sets of four free at-home antigen test kits by visiting www.covidtests.gov. You can also obtain at-home tests from local health departments and at pharmacies and retail stores. Find testing sites for free PCR tests, which are processed by a lab, at www.cdc.gov/icatt.

Stay home. As much as you can, stay away from other people and pets in your home. Wear a mask when you must be near others.

Track your symptoms. Isolate for at least five days, and don't travel for a full 10 days after your symptoms began.



Get the most up-to-date information about COVID-19 at www.cdc.gov/coronavirus.

Sources: Centers for Disease Control and Prevention; Office of the Assistant Secretary for Preparedness and Response, U.S. Department of Health and Human Services; U.S. Food and Drug Administration

Supported, in part, by Amgen, AstraZeneca, Bristol Myers Squibb, Johnson & Johnson, Novo Nordisk, Sanofi, and Regeneron

Understanding COVID-19 Medicines

In addition to vaccines that can help prevent the spread of COVID-19, treatments are now available.

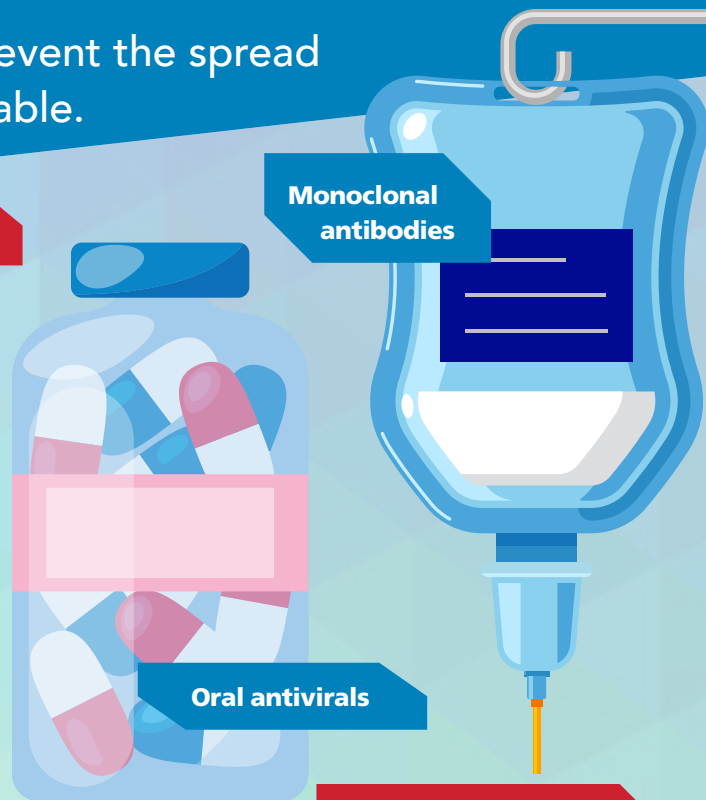
Treatment Options for COVID-19

The FDA has given emergency use authorizations (EUAs) for a handful of medications to treat COVID-19. Through EUAs, the FDA can allow the use of unapproved treatments during a public health emergency when no other alternatives exist. EUAs are not permanent; they can be terminated or revoked.

Currently, EUAs for COVID-19 treatments include:

- **Oral antivirals.** These medications target specific parts of the virus that causes COVID-19. They can help reduce its spread throughout your body.
- **Monoclonal antibodies.** This treatment can help the immune system recognize the virus and better respond to it.

IMPORTANT: Any medications you take should be prescribed by your health care provider. People have been seriously harmed by taking medicines not approved to prevent or treat COVID-19.



Fast Facts About COVID-19 Medicines

- Not all medicines are effective against all variants of the virus. For example, some treatments don't work against the Omicron variant.
- Many treatments are covered by health insurance. Check with your insurer to see what's covered by your plan.
- For mild cases of COVID-19, you can take an over-the-counter fever-reducing medicine, such as acetaminophen or ibuprofen.
- For the latest info on approved treatments for COVID-19, visit www.fda.gov.



Am I Fully Vaccinated?

You are **fully vaccinated** two weeks after you've received your second shot of the Pfizer-BioNTech or Moderna vaccines, or your first shot of Johnson & Johnson's Janssen vaccine.

For ages 12 and older, you're **up-to-date** on your COVID-19 vaccines immediately after your first booster shot. Adults ages 50 and older can also choose to get a second booster at least four months after their first booster. Contact your doctor about boosters.

Need to find where you can get a vaccine? Visit www.vaccines.gov.

Sources: Centers for Disease Control and Prevention; Office of the Assistant Secretary for Preparedness and Response, U.S. Department of Health and Human Services; U.S. Food and Drug Administration

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