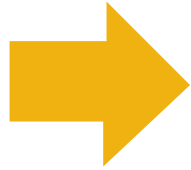


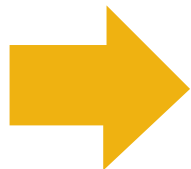
Stigma and COVID-19

KNOW THE FACTS!



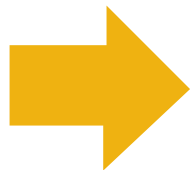
Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.



The risk of getting COVID-19 in the U.S. is currently low.

Some people who have traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.



Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease situation summary page

You can help stop COVID-19 by knowing the signs and symptoms.

Fever

Cough

Shortness of breath

Seek medical advice if you develop symptoms

AND

Have been in close contact with a person known to have COVID-19 or live in or have recently traveled from an area with ongoing spread of COVID-19. Call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and symptoms.

There are simple things you can do to help keep yourself and others healthy.

1. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
2. Avoid touching your eyes, nose, and mouth with unwashed hands.
3. Stay at home when you are sick.
4. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.