

# COVID-19 PREVENTION & RESPONSE

## What is Coronavirus (COVID-19)?

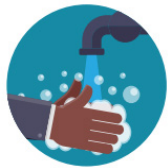
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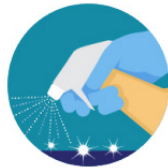
COVID-19 is an illness caused by a virus that can spread when you are close to an infected person by breathing in droplets from their coughs, sneezes or talking to them. You could get sick by touching a surface or object that has the virus on it, and then by touching your mouth, nose or eyes.

## How Do I Protect Myself and Others from COVID-19?

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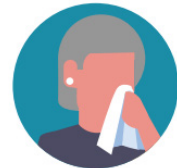
**Wash your hands** often with soap and water or use hand sanitizer when you can't.



**Clean and disinfect** frequently touched objects and surfaces.



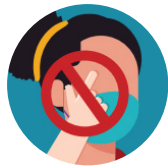
**Do not share** food, drinks or other items.



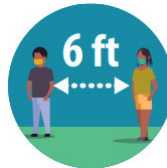
**Cover your cough or sneeze** with a tissue or sleeve, and then wash your hands or use hand sanitizer.



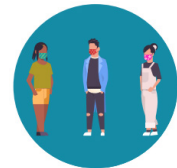
**Stay home** as much as possible. Only go out for food and medicine by yourself if you can.



**Do not touch** your eyes, nose and mouth.



**Stay at least 6 feet** or 1.3 meters (about 2 arms' length) from other people and avoid gatherings.



**Don't visit people** outside of your household and limit how many people travel together in a car.



**Wear a face covering** over your nose and mouth in any enclosed space and when coming in contact with someone other than an immediate family member.

## How Do I Know if I am Sick with COVID-19?

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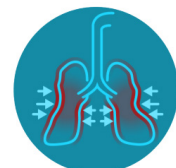
Some people may have other symptoms such as fatigue or loss of smell. Some people may have NO symptoms at all.



**Fever**



**Cough**



**Shortness of Breath**

## What Should I Do if I'm Sick?



**Call the hospital for screening.** If you are recommended for testing, a nurse will take a sample from your nose. Testing may be free. Ask about fees.



**STAY HOME.** Do not go out into public. Keep distance between you and your family members to prevent them from getting sick too.

### Local Screening Numbers

**Holland Hospital**  
(616) 394-2080

Spanish speaker available 9am-8pm

**Spectrum Health**  
(616) 391-2380

Press 2 for a Spanish speaker

**North Ottawa Hospital**  
(616) 935-7810

Spanish speaker not always available

**Statewide Testing Location Finder**  
[Michigan.gov/CoronavirusTest](https://Michigan.gov/CoronavirusTest)

## What's Going to Happen if I'm Sick with COVID-19?



**Someone will call you** from the Ottawa County Department of Public Health to ask how you are doing and if anyone else you know could get sick. Please call them back if you missed their call.



**STAY HOME and get rest.** If you need something, please ask friends or family to help so you don't have to leave your house. Also, please separate yourself from your family members so they don't get sick.

### Need Assistance or Community Resources?

Call 2-1-1 or Find Food at [www.OttawaFood.org/FindFood](http://www.OttawaFood.org/FindFood)

### Questions About COVID-19?

Ottawa County Department of Public Health  
616-396-5266 or [www.miOttawa.org/miHealth](http://www.miOttawa.org/miHealth)  
Video Updates at [www.Facebook.com/OttawaCounty](https://www.Facebook.com/OttawaCounty)

### Need Help with Worker's Rights?

Rights for Agricultural Workers – Stay Safe at Work  
1-800-968-4046 or [www.michiganlegalhelp.org](http://www.michiganlegalhelp.org)

Michigan Immigrant's Rights Center  
1-734-239-6863 or [www.michiganimmigrant.org/coronavirus-es/recursos](http://www.michiganimmigrant.org/coronavirus-es/recursos)

Filing a Health and Safety Complaint About Work  
1-800-866-4374 or <https://safetyhealthhazards.apps.lara.state.mi.us>

