**EMBRACE: THE FACTS – SARS-CoV-2 (COVID-19)**

COVID-19 is a virus that spreads mainly when infected people cough, sneeze, or talk. The best way to prevent yourself and others from COVID-19 is by staying up to date with vaccination boosters.1

**COVID-19 symptoms** may take 2 to 14 days to appear after exposure to the virus, and symptoms may include:2

* Fever or chills
* Cough
* Shortness of breath or difficulty breathing
* Fatigue
* Muscle or body aches
* Headache
* New loss of taste or smell
* Sore throat
* Congestion or runny nose
* Nausea or vomiting
* Diarrhea

**Post-COVID conditions** (PCC) are when an individual experience new, returning, or ongoing health problems after being infected with COVID-19. Typically, individuals feel better a few days to weeks after infection.3

Some people are at a **higher risk of health complications** from COVID-19, including:4

* Adults 50 years and older
* Cancer
* Chronic kidney disease
* Chronic liver disease
* Chronic lung diseases (such as asthma, bronchiectasis, bronchopulmonary dysplasia, chronic obstructive pulmonary disease [COPD], idiopathic pulmonary fibrosis, pulmonary embolism, or pulmonary hypertension)
* Cystic fibrosis
* Dementia or other neurological conditions
* Diabetes (type 1 and type 2)
* Disabilities
* Heart conditions
* HIV infection
* Immunocompromised conditions or weakened immune system
* Mental health conditions
* Overweight and obesity
* Physical inactivity
* Pregnancy
* Sickle cell disease or thalassemia
* Smoking, current or former
* Solid organ or blood stem cell transplant
* Stroke or cerebrovascular disease
* Substance use disorders
* Tuberculosis

A callout box(es) with the information containing:

American Indians and Alaska Natives adults are less likely than others to get the COVID-19 vaccination or booster vaccinations5 and are more likely than others to have a severe COVID-19 outcome requiring hospitalization or resulting in death.6

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Three Action Steps to Protect Your Community Against the COVID-19

1. **Vaccinate and get booster vaccinations** when appropriatefor individuals 6 months7 and older.4
2. **Preventive Actions** including,
   * improve air ventilation,
   * get tested if you have symptoms,
   * stay home if you suspect or have COVID-19
   * avoiding close contact with people who are sick,
   * wear a mask or respirator,4
   * covering coughs and sneezes,
   * washing your hands often with soap and water,
   * avoiding touching your eyes, nose, and mouth, and
   * cleaning and disinfecting surfaces.8
3. **Prescription medications** called antiviral medications can be used to treat mild to moderate COVID-19 in individuals who are more likely to get very sick.9

There are many **benefits** to getting the **COVID-19 vaccination**, such as,

* preventing serious illnesses, which require hospitalization or death.
* being a safe and more reliable way to build protection again COVID-19 than from being sick.10

**Find a Vaccination Today!** Flu and COVID-19 vaccines **can** be given at the same time. If you have not already received your COVID-19 vaccine, you are encouraged to get it along with the flu vaccine.11 To find out more about the vaccine near you, contact your local

* Indian Health Service, tribal, or urban health clinics and doctor’s offices (even if you don’t have a regular doctor or nurse)
* Community Health Representative or Community Health Aide
* Mobile and community-based immunization clinics that visit, or
* Pharmacies or grocery stores.

**Resources:**

1. [How to Protect Yourself and Others | CDC](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)
2. [Symptoms of COVID-19 | CDC](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)
3. [Long COVID or Post-COVID Conditions | CDC](https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html)
4. [People with Certain Medical Conditions | CDC](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html)
5. [Latest Data on COVID-19 Vaccinations by Race/Ethnicity | KFF](https://www.kff.org/coronavirus-covid-19/issue-brief/latest-data-on-covid-19-vaccinations-by-race-ethnicity/)
6. [Risk for COVID-19 Infection, Hospitalization, and Death By Race/Ethnicity | CDC](https://www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-race-ethnicity.html)
7. [COVID-19 Vaccination for Children | CDC](https://www.cdc.gov/vaccines/covid-19/planning/children.html)
8. [Prevent the Spread of COVID-19 | CDC](https://www.cdc.gov/coronavirus/2019-ncov/easy-to-read/prevent-getting-sick/how-covid-spreads.html)
9. [COVID-19 Treatments and Medications | CDC](https://www.cdc.gov/coronavirus/2019-ncov/your-health/treatments-for-severe-illness.html)
10. [Benefits of Getting A COVID-19 Vaccine | CDC](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html)
11. [2021-2022 Flu Season | 2021 Announcements (ihs.gov)](https://www.ihs.gov/newsroom/announcements/2021-announcements/2021-2022-flu-season/)

Messages that can be bolder and sprinkled throughout the page.

* Anyone can catch the COVID-19
* COVID-19 is a vaccine-preventable disease
* Get vaccinated, including booster
* COVID-19 vaccines can offer added protection to individuals who had COVID-19, including protection against being hospitalized from a new infection.