

COVID-19 AND OUR COMMUNITY

Better safe than sorry!



WHAT IS A PANDEMIC?

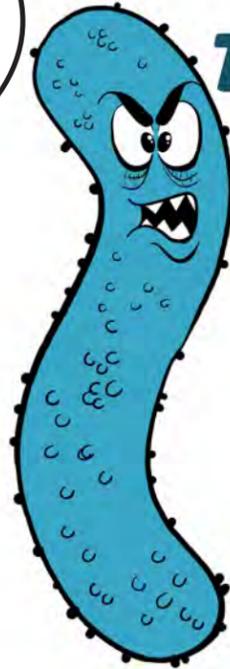


WHAT ARE INFECTIOUS DISEASES?



INFECTIOUS DISEASES ARE THOSE CAUSED BY...

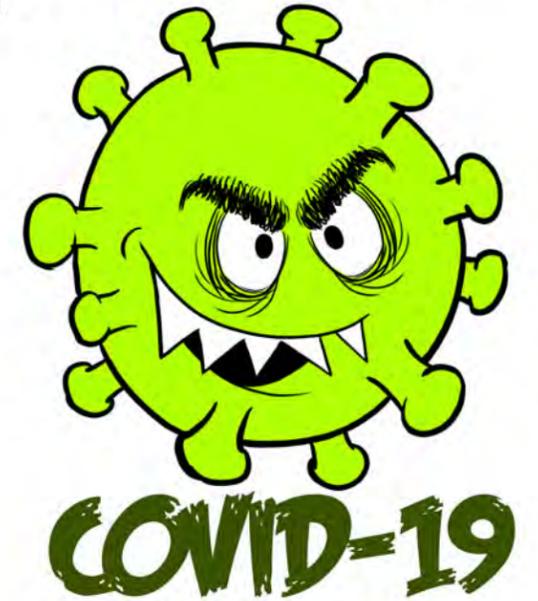
Bacteria, viruses or parasites



TUBERCULOSIS



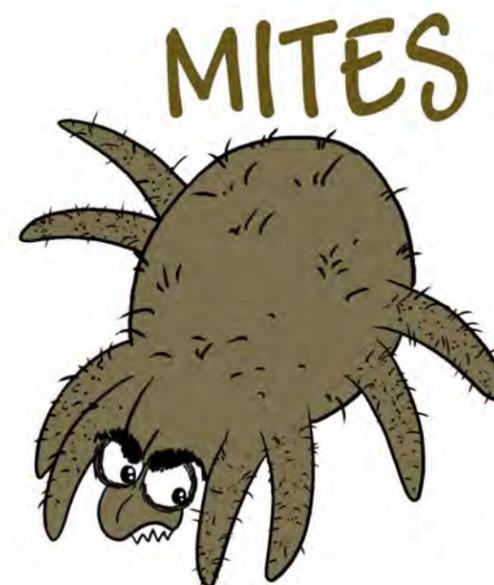
MUMPS



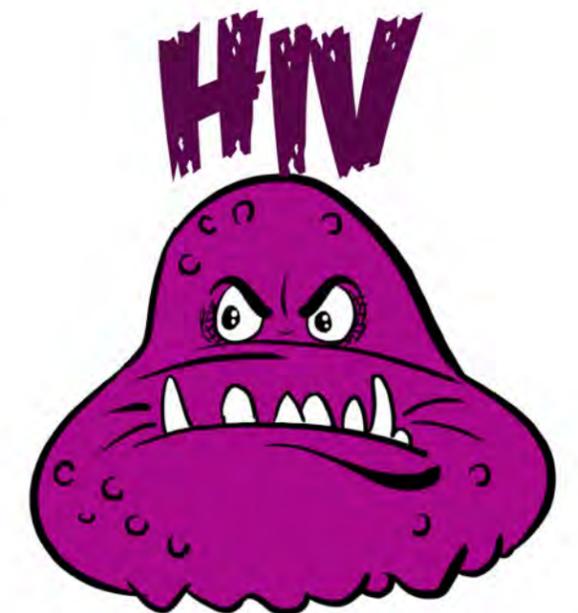
COVID-19



**cold
or
flu**

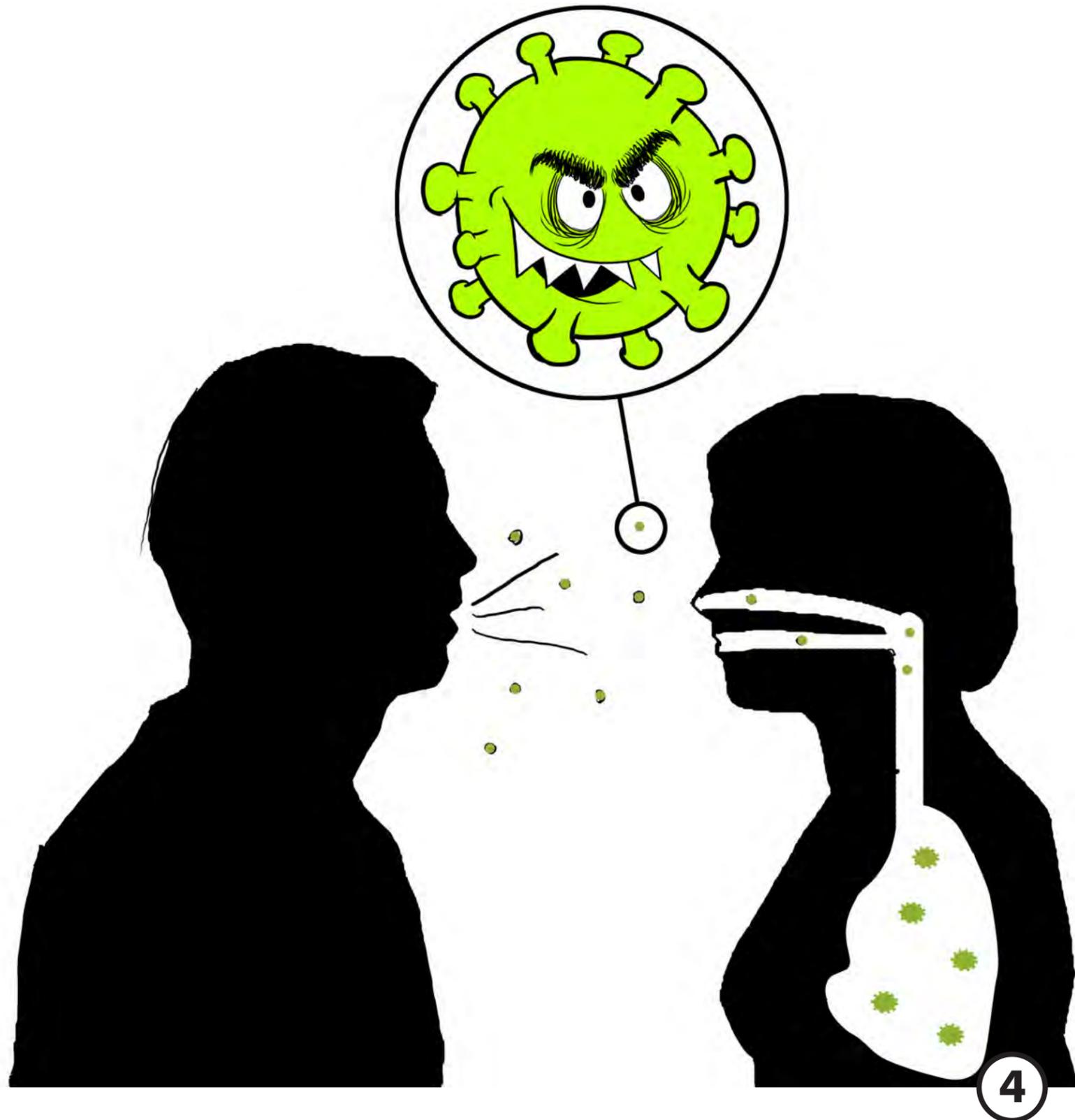


MITES



HIV

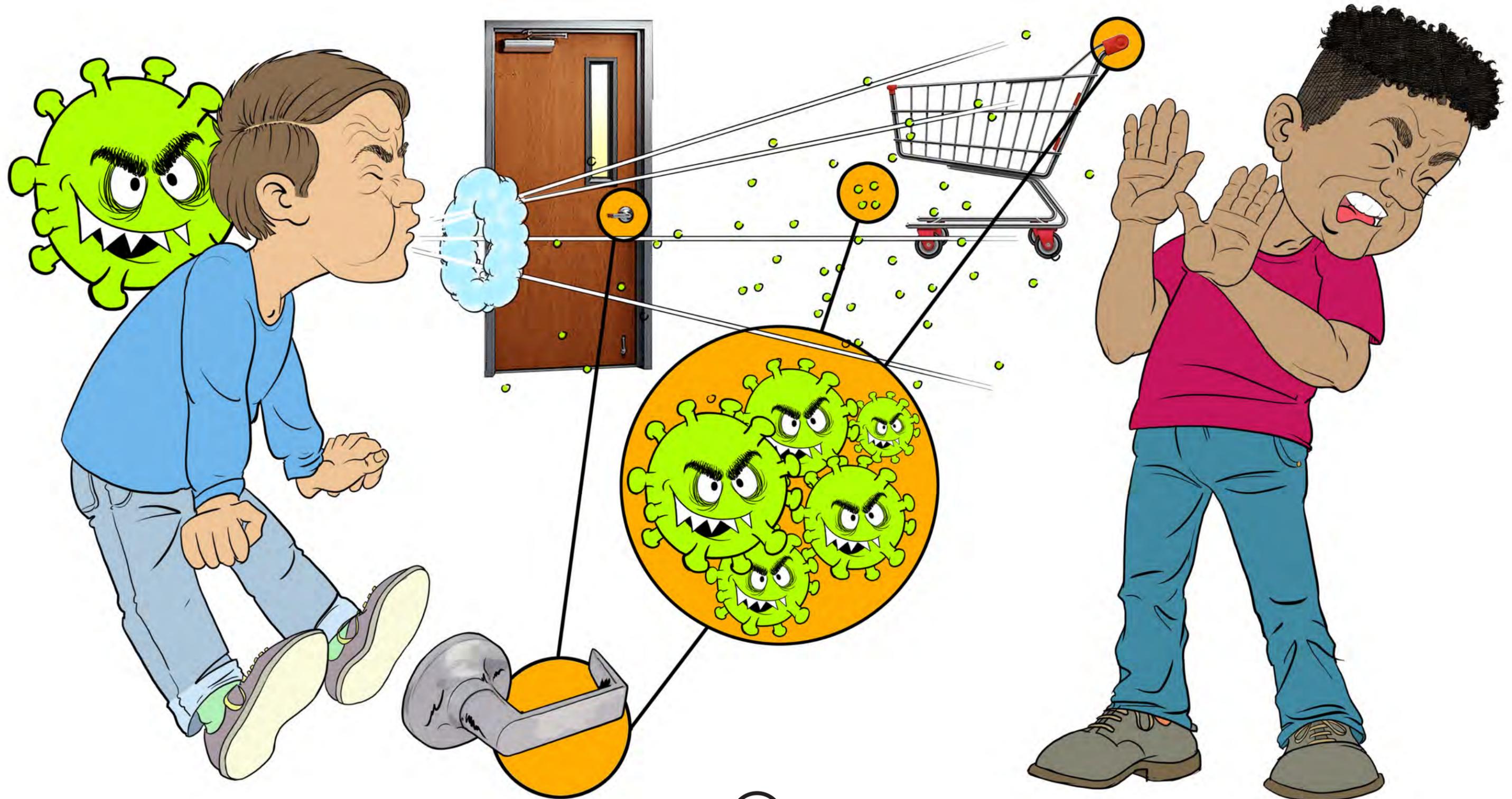
WHAT'S COVID-19 AND THE VIRUS THAT CAUSES IT?



COVID-19 is caused by a virus:

-  The virus is called SaR-CoV-2 and the disease is COVID-19.
-  It is a virus in the CORONAVIRUS family that causes respiratory disease.
-  Emerged in 2020. There is no cure, for the moment, but there is treatment.
-  We transmit it when speaking, breathing, shouting, or sneezing.

HOW IS THE CORONAVIRUS TRANSMITTED?



WHAT ARE COVID-19 SYMPTOMS?

We can expect:

Nausea or vomiting

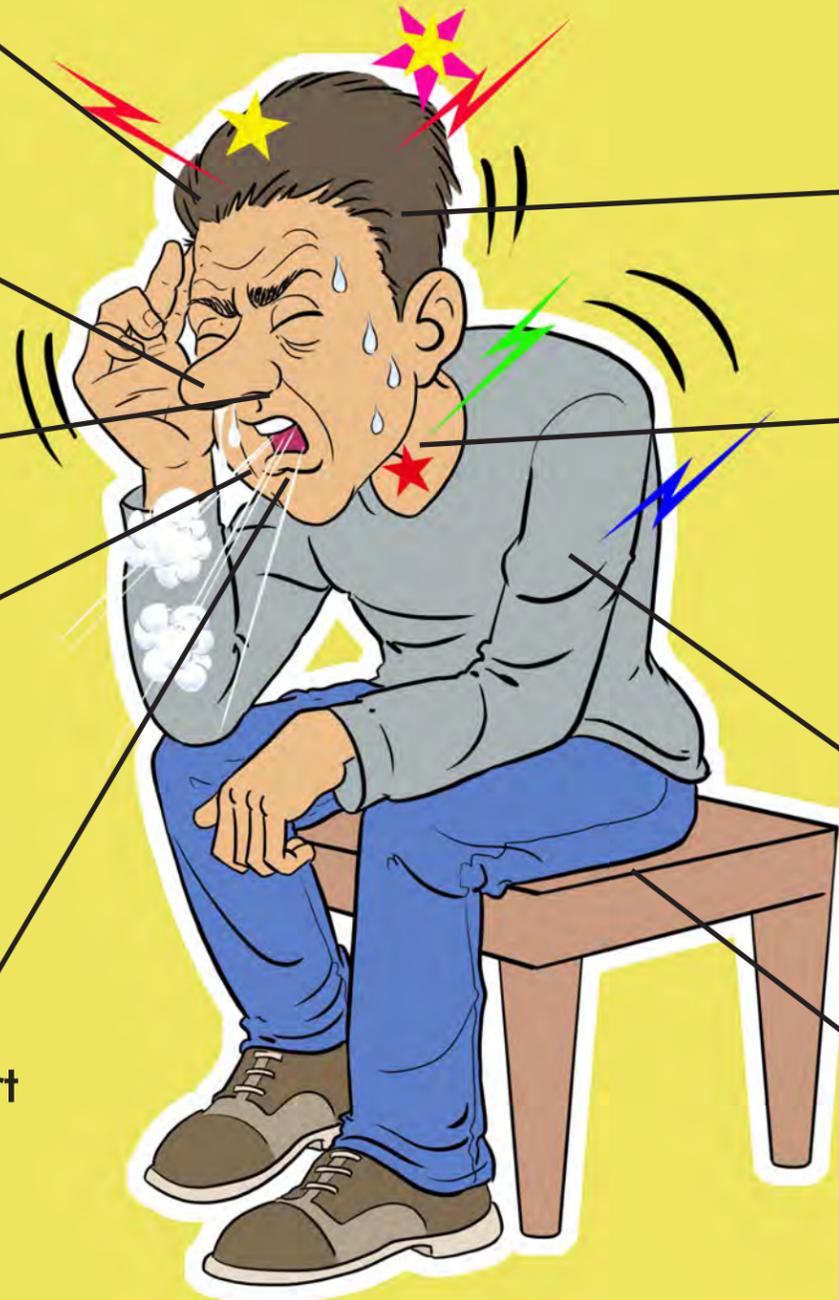
Congestion or runny nose

Recent loss of smell or taste

Cough

Fever or chills

Difficulty breathing (feeling short of breath)



Headache

Sore throat

Fatigue

Muscular and body aches

Diarrhea

We must go to the hospital if there is:

Difficulty breathing

Pale, gray, or bluish skin, lips, or nails

Unable to wake up or to stay awake



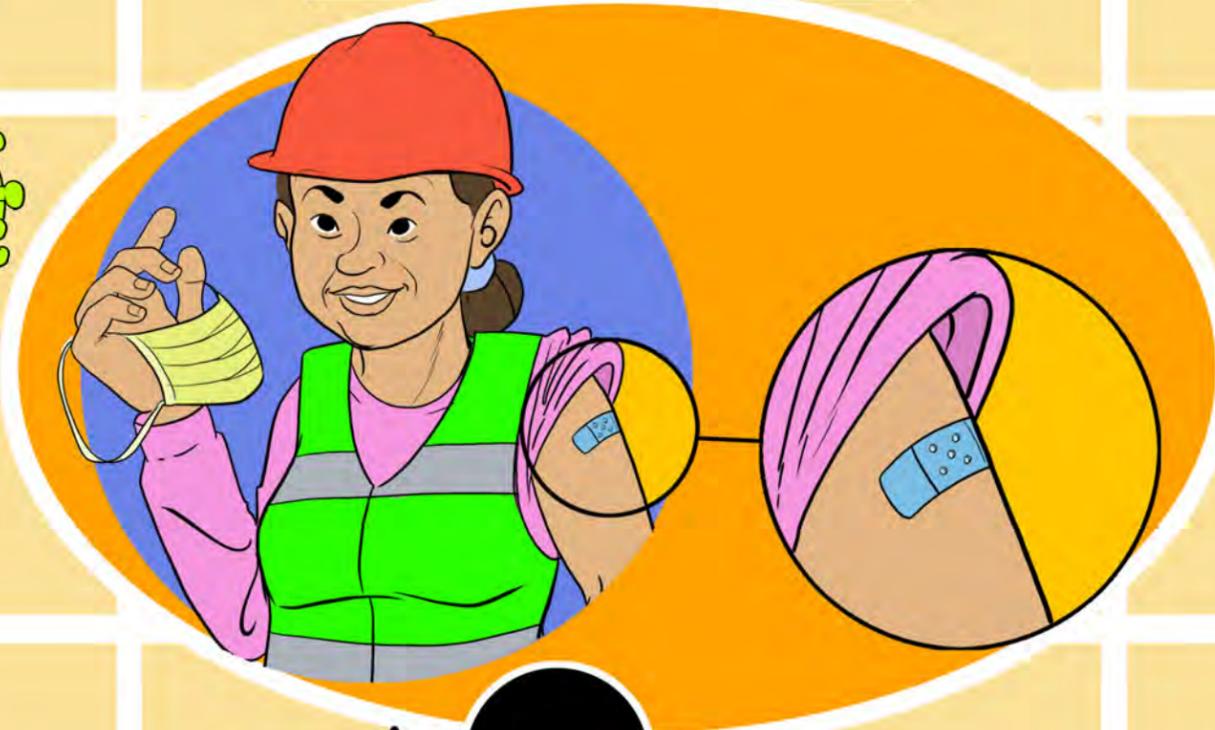
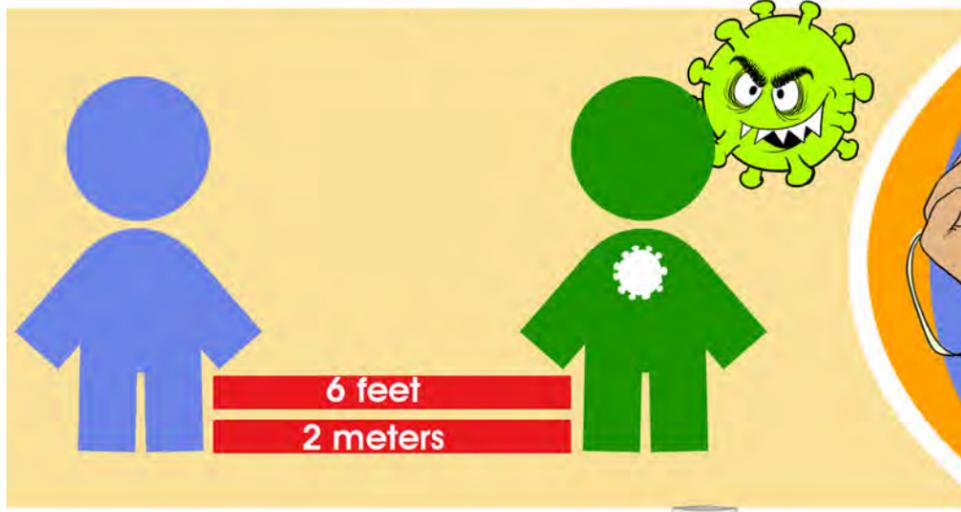
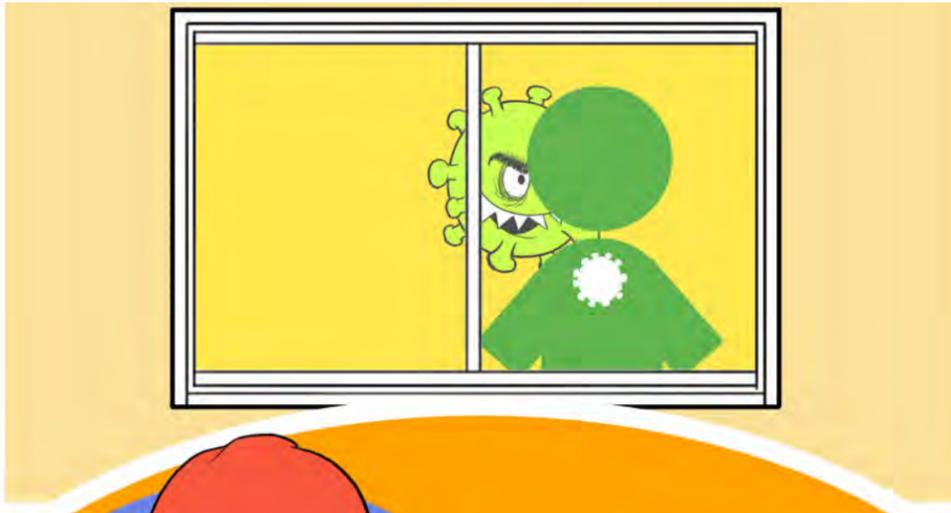
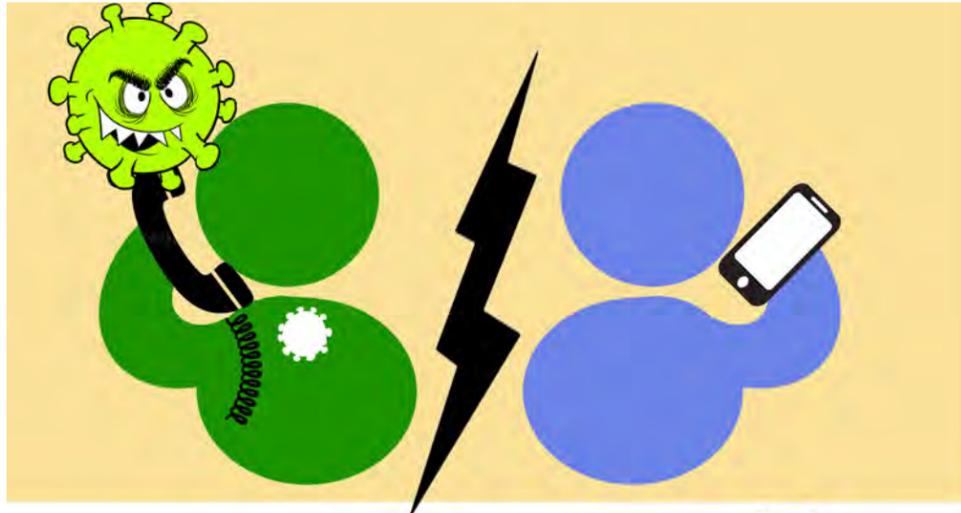
Confusion

Persistent pain or pressure in the chest

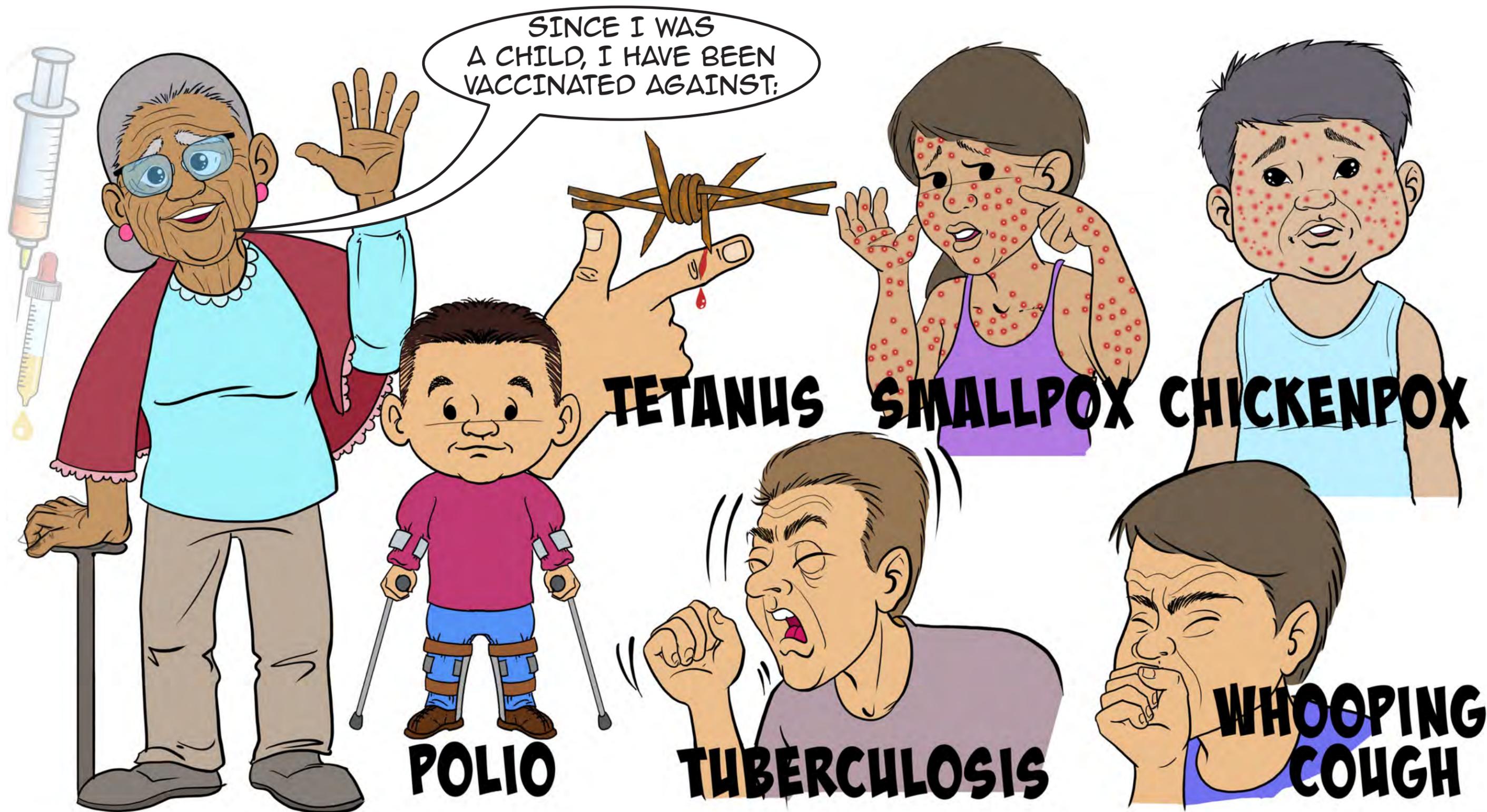
WHO SHOULD TAKE EXTRA CARE?



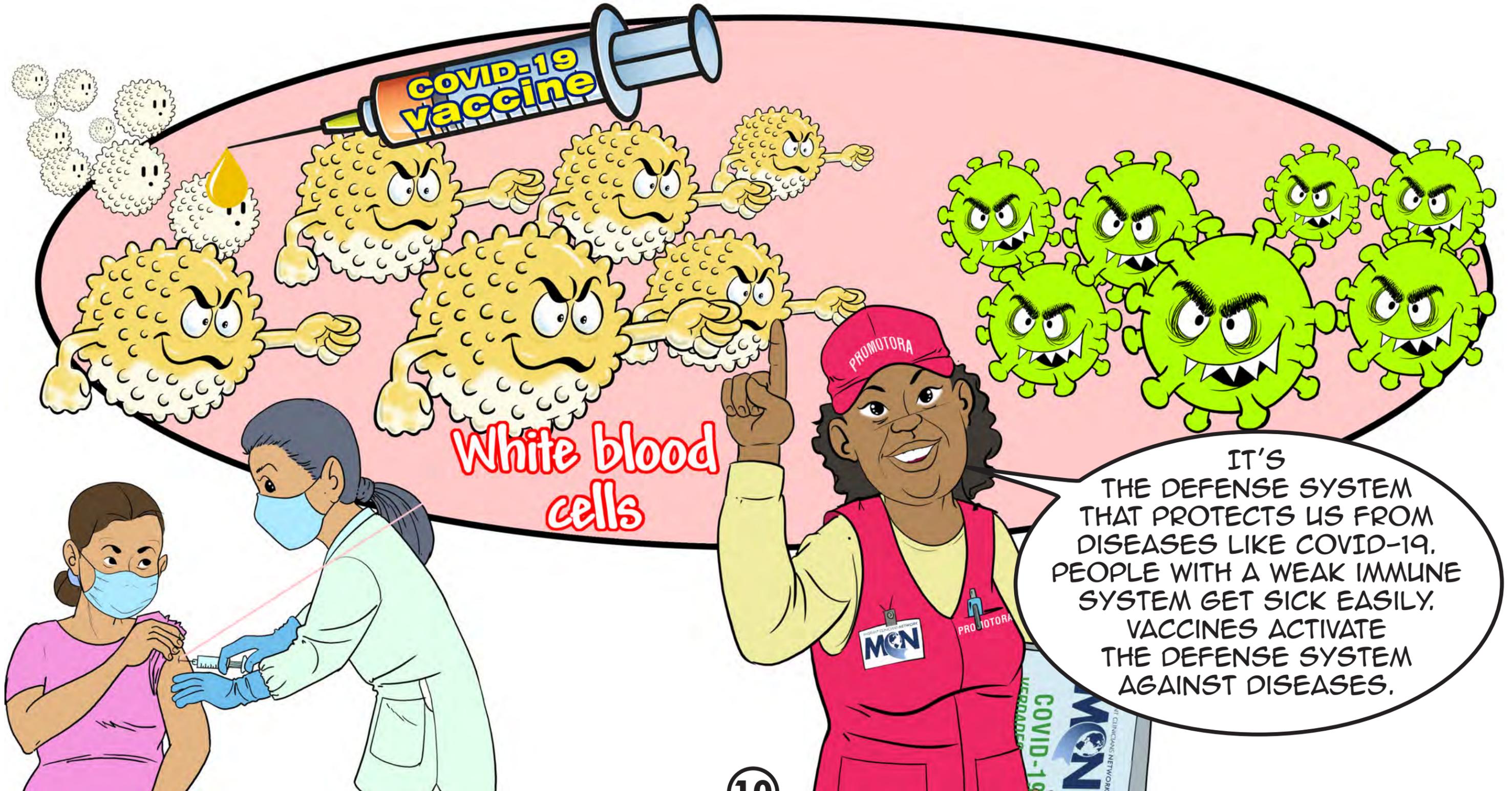
HOW DO WE PROTECT OURSELVES?



WHAT ARE VACCINES AND HOW DO THEY PROTECT US?



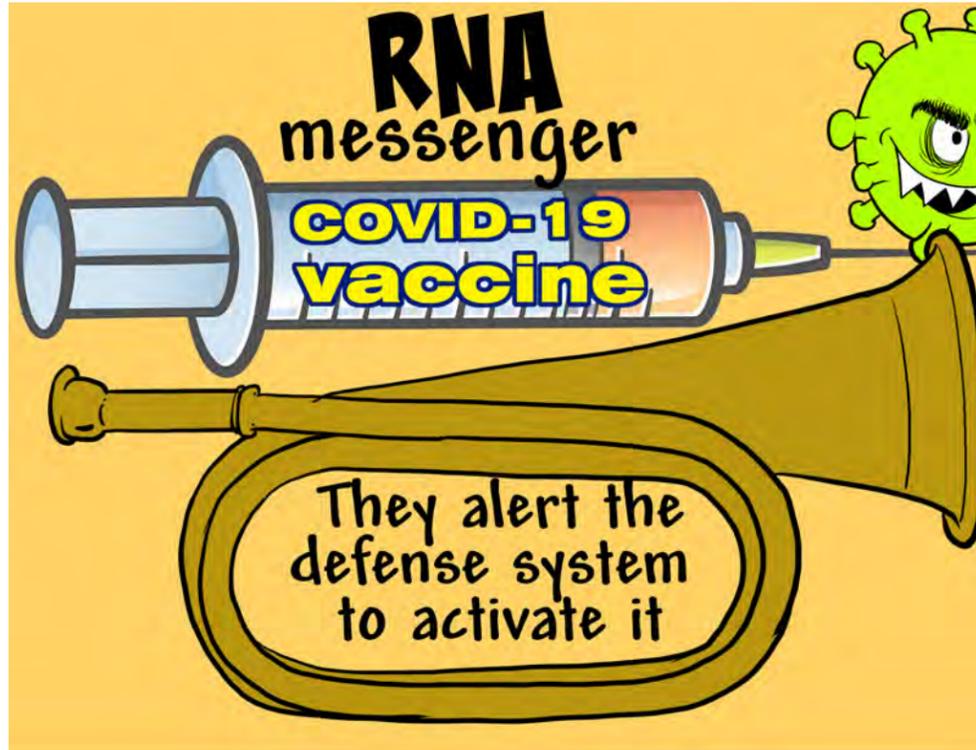
THE IMMUNE SYSTEM AND VACCINES



IT'S THE DEFENSE SYSTEM THAT PROTECTS US FROM DISEASES LIKE COVID-19. PEOPLE WITH A WEAK IMMUNE SYSTEM GET SICK EASILY. VACCINES ACTIVATE THE DEFENSE SYSTEM AGAINST DISEASES.

WHAT TYPES OF COVID-19 VACCINES ARE AVAILABLE?

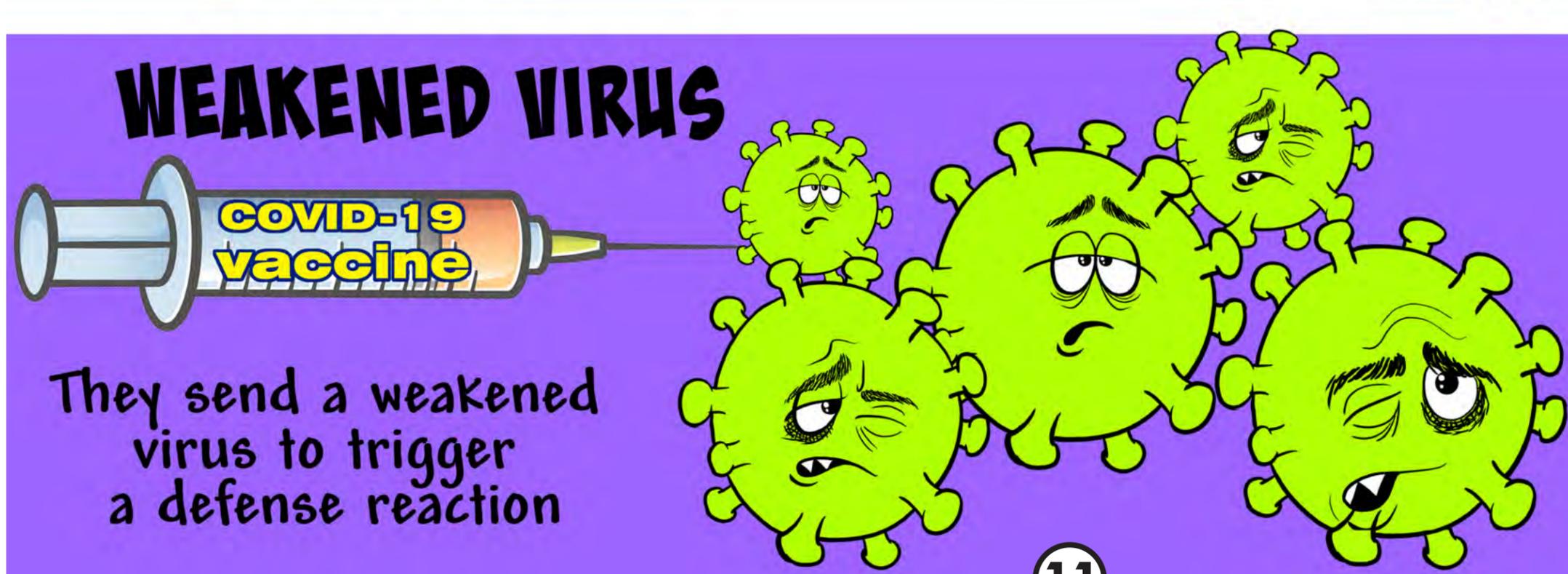
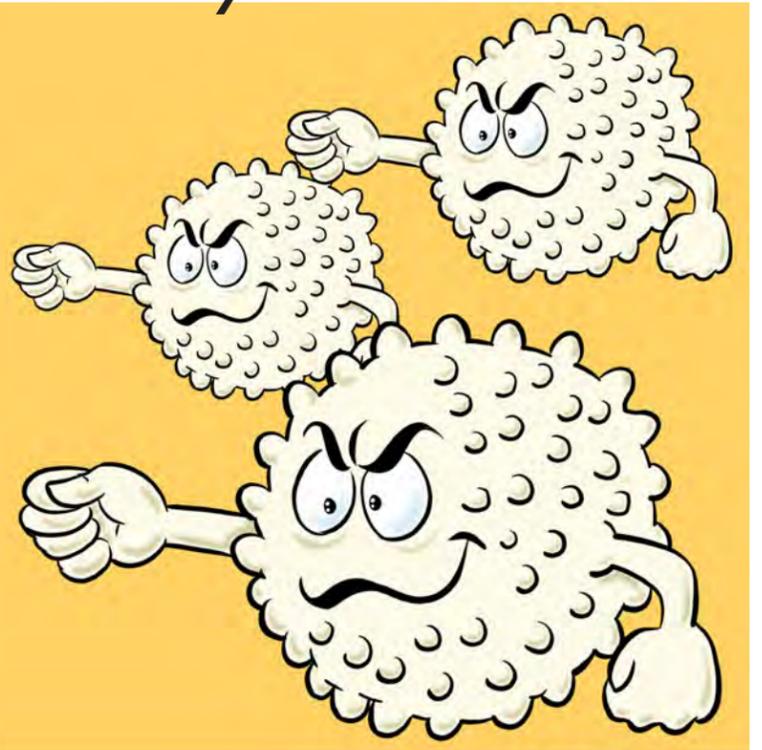
There are two types of vaccines and they work differently



RNA messenger COVID-19 vaccine

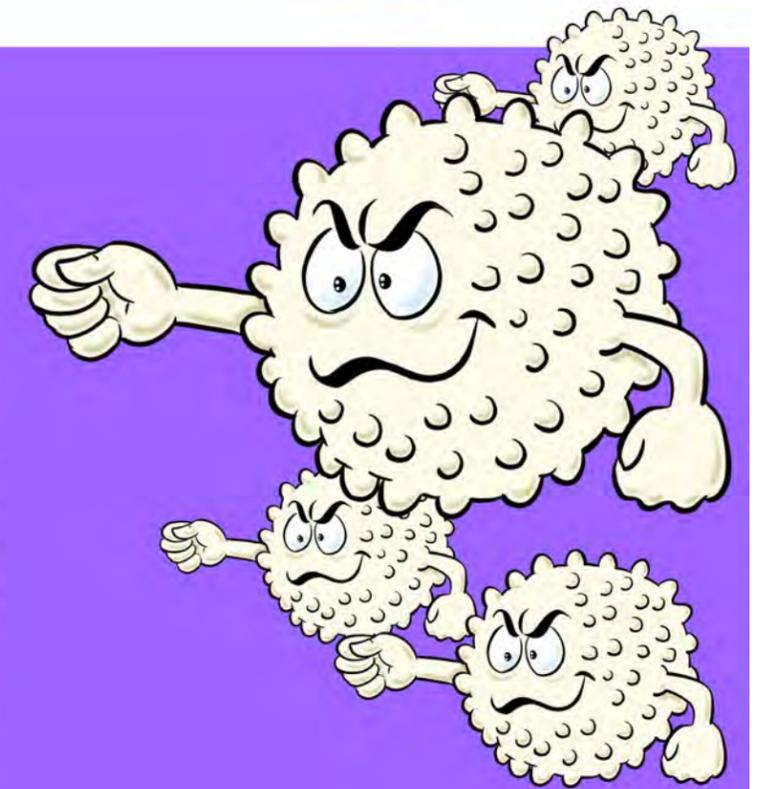
They alert the defense system to activate it

HERE COMES THE VIRUS!
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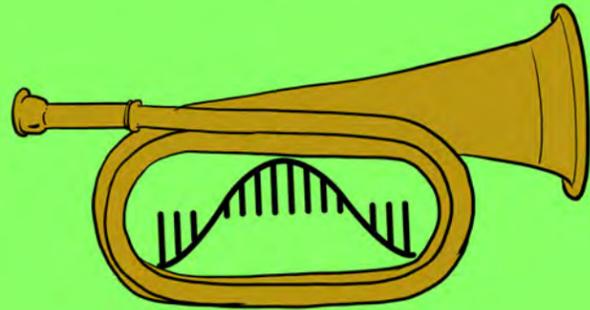


WEAKENED VIRUS COVID-19 vaccine

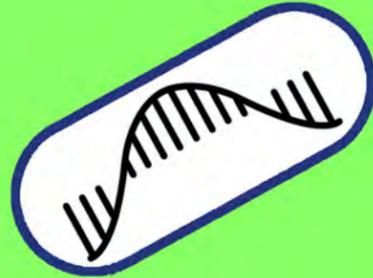
They send a weakened virus to trigger a defense reaction



WHAT DO THE mRNA COVID-19 VACCINES CONTAIN?



mRNA (Messenger Ribonucleic Acid)

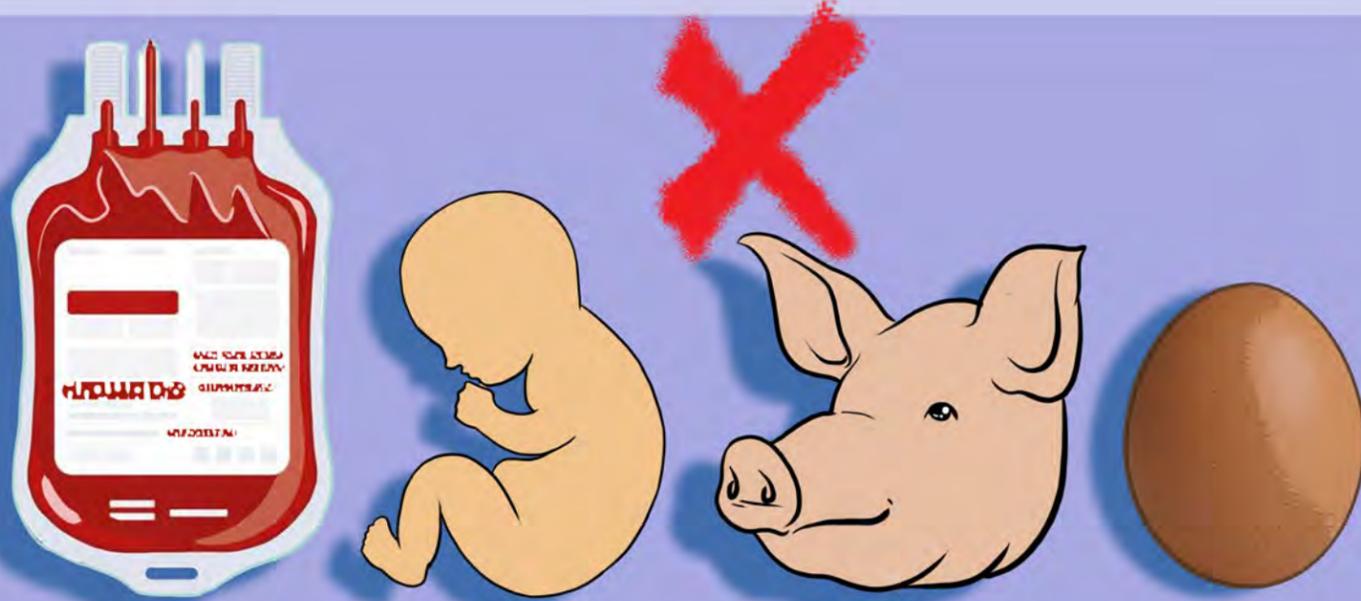


A fatty coating layer to protect the mRNA

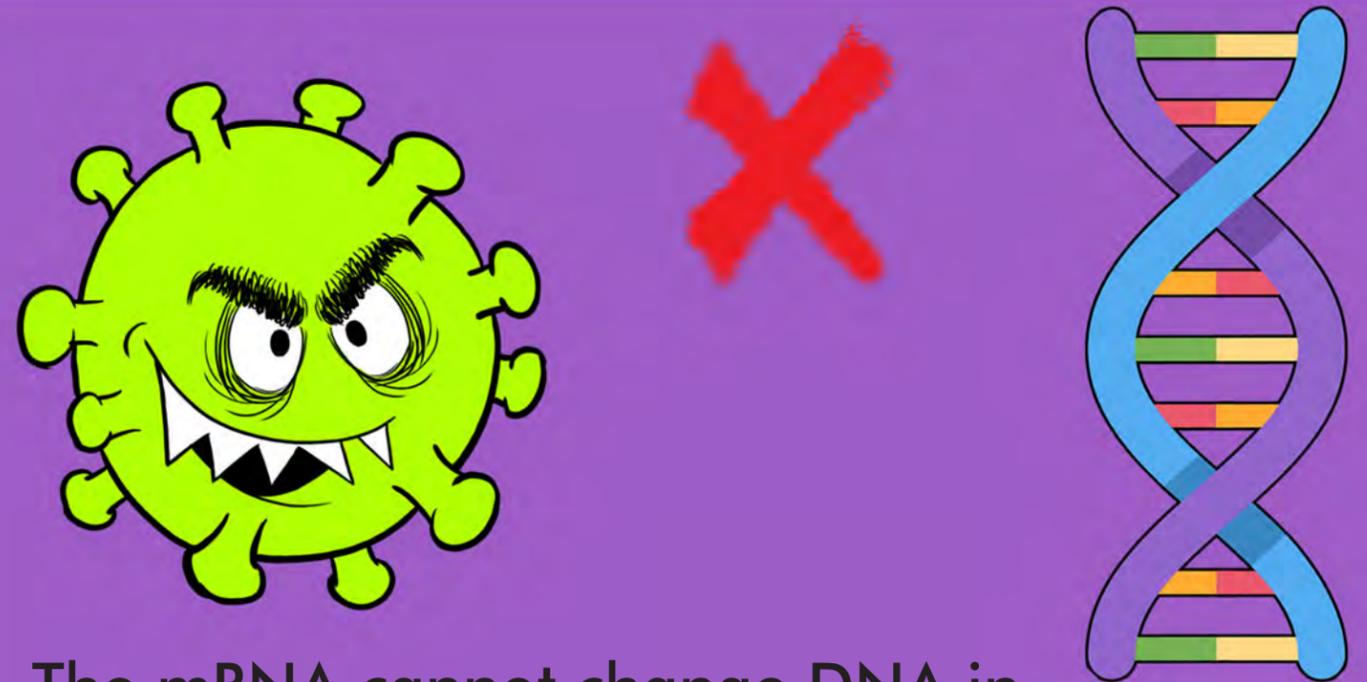


A combination of water, sugars, salts, and PEG (polyethylene glycol) a substance that transports other ingredients

THE VACCINES DO NOT HAVE:



Preservatives, blood products, fetal cells, pork or egg products



The mRNA cannot change DNA in any way or form

BY OCTOBER 2025,
THE U.S. CENTERS FOR
DISEASE CONTROL
RECOMMENDS:



	All children 6-23 months	1 dose
	Children 2-17 years old with risk factors or if parents desire vaccination.	1 dose
TALK TO YOUR HEALTHCARE PROVIDER IF YOU HAVE QUESTIONS		
	Pregnancy At any point in pregnancy	1 dose
	Adults 18 - 50 years	1 dose
	Adults 50+ years	1 dose

Most people who go to the hospital or die from COVID did not have the vaccine.

**PROTECT YOURSELF WITH THE VACCINE,
SO YOU WON'T NEED TO GO TO THE HOSPITAL OR DIE!**

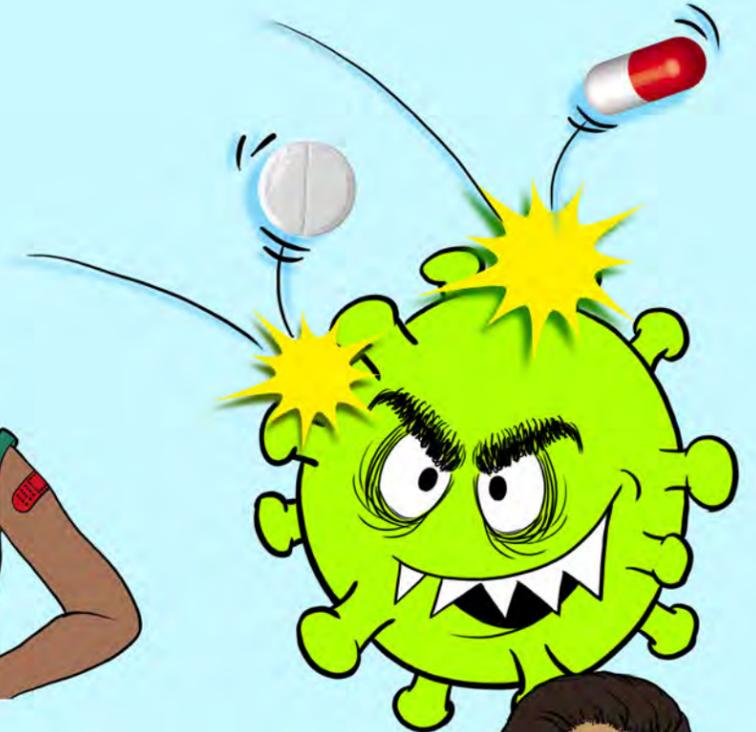
VACCINES AND COVID-19, MYTHS AND FACTS

Many things are said about the vaccine

FALSE



TRUE



WHAT CAN WE EXPECT WHEN WE GET VACCINATED?



What can we expect when we get vaccinated?

You can have pain in your arm, a headache, fever, or chills.

After a few days, the symptoms will disappear, and you will feel better.

¡Qué saber sobre la vacuna contra COVID-19!

- COVID-19: Es importante vacunarse, aunque ya haya tenido COVID-19.
- Preparación: La preparación no todos, incluyéndola a las imágenes. NO se requiere de un permiso de identificación.
- Seguimiento: Hay que ser vacunado. Una vez que se vacuna, se debe seguir los pasos.
- Síntomas: Después de vacunarse puede tener dolor de brazo, dolor de cabeza, fiebre o escalofríos.
- Mejoría: Se sentirá mejor después de un día.
- Protección: Pasará varias semanas antes de que la vacuna le proteja completamente.
- Seguridad: Debe seguir usando mascarilla, lavarse las manos y mantener distancia.
- MCN: ¡Haga una cita para VACUNARSE!
- Gratificación: ¡Felicidades, ya hizo su parte para mantenerse a usted y a los demás a salvo!

VACUNACIÓN ES PROTECCIÓN

Wash YOUR HANDS!

Hands that look clean can still have icy germs!

- Wet
- Get Soap
- Scrub
- Rinse
- Dry

www.cdc.gov/handwashing

THE COVID-19 VACCINE HELPS PROTECT YOU & YOUR FAMILY.

A safe and effective vaccine to protect against COVID-19 is now available.

www.cdc.gov

COVID-19 STOP THE SPREAD OF GERMS

FOR EVERYONE'S HEALTH AND SAFETY

PLEASE KEEP YOUR PHYSICAL DISTANCE

Physical distancing means **6 FEET APART** from others.

www.cdc.gov/COVID19

WHAT DOES THE END OF THE COVID-19 HEALTH EMERGENCY MEAN?

THE NATIONAL COVID-19 EMERGENCY ENDED IN MAY 2023. THIS MEANS THAT PROGRAMS AND AID RELATED TO THE PANDEMIC ALSO ENDED.

AND COVID-19 VACCINES, TESTS, AND TREATMENTS MAY NO LONGER BE FREE.

BUT VACCINES ARE STILL NECESSARY AND VITAL



How to prepare?

If you have NOT been vaccinated or got the updated vaccine,

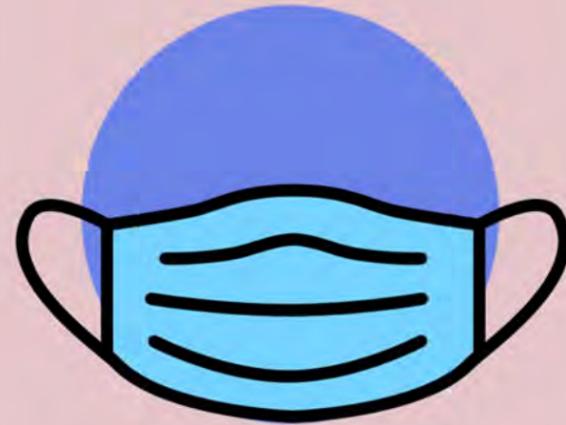
GET VACCINATED!

Stay informed of what's happening

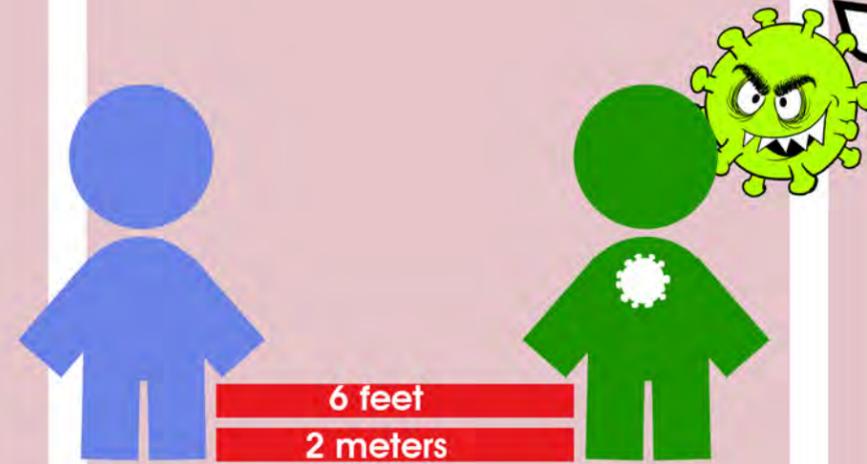
To prevent misinformation and myths, verify the information you receive before resharing it

WHAT SHOULD WE DO?

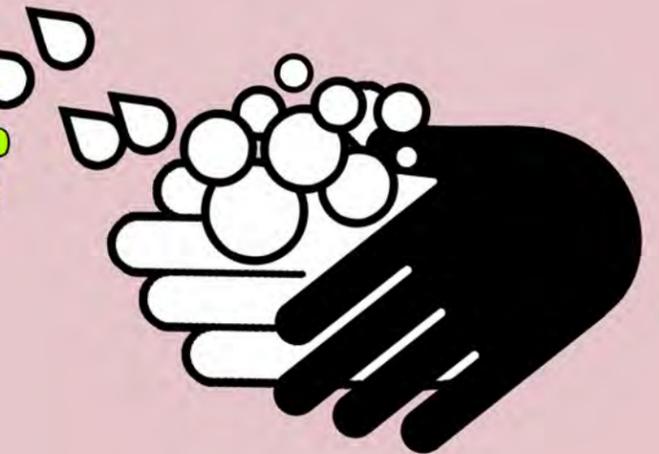
CONTINUE TO PROTECT OURSELVES



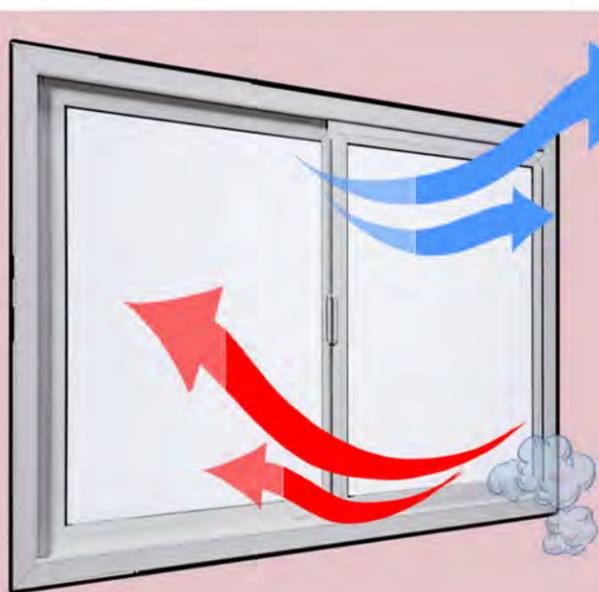
Wear a mask in closed spaces



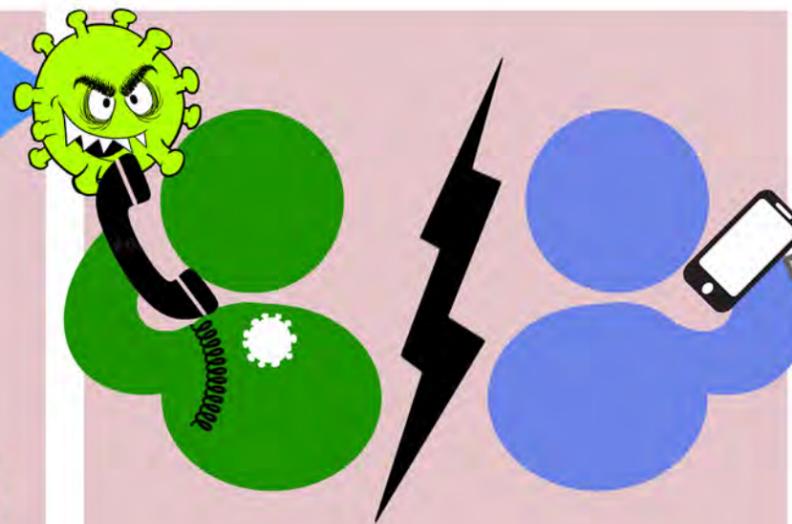
Maintain social distance



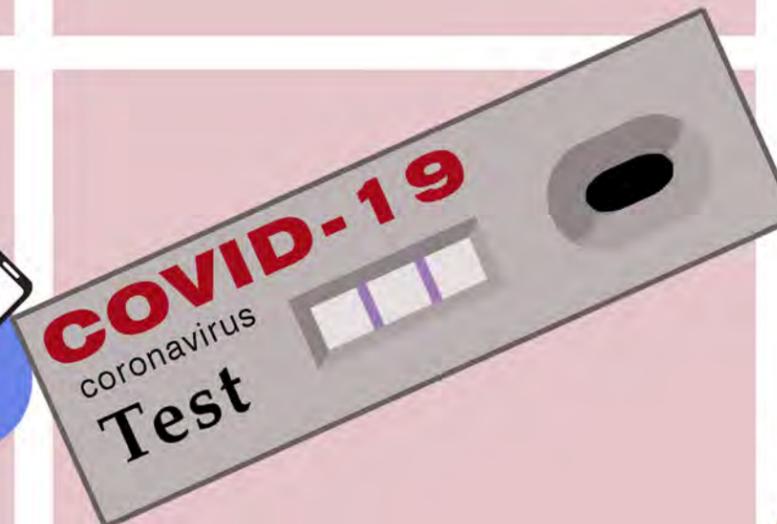
Wash your hands



Improve ventilation



Avoid contact with infected people



Take a COVID-19 test at home if you have symptoms or were exposed



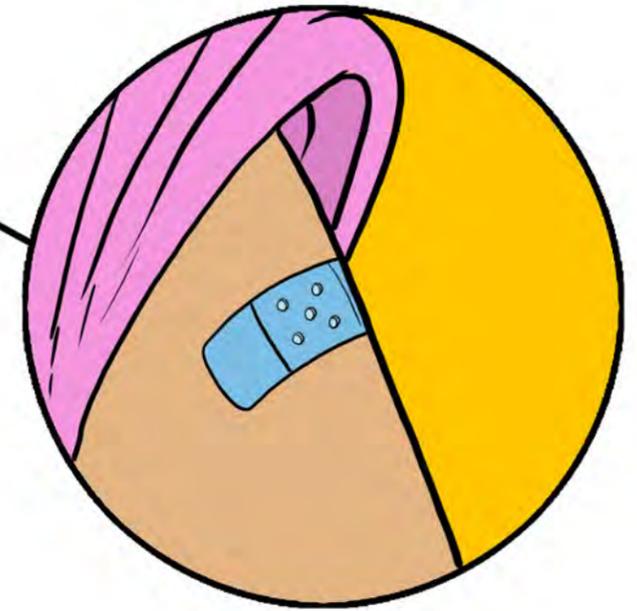
Know your rights in relation to COVID-19 at work

WE HAVE ALREADY BEEN VACCINATED, DO WE STILL NEED TO PROTECT OURSELVES?

YES, YOU STILL HAVE TO PROTECT YOURSELF.

WHEN WE PROTECT OURSELVES, WE TAKE CARE OF OTHERS. THE VIRUS KEEPS CHANGING AND WE NEED UPDATED DOSES. EVEN IF WE ARE VACCINATED, THERE ARE STILL RISKS.

Updated dose

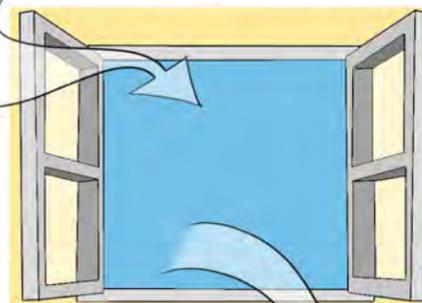


WHAT OTHER RISKS SHOULD WE CONSIDER?

Ask yourself:



What is the level of transmission in the area where I live?



Is it ventilated?

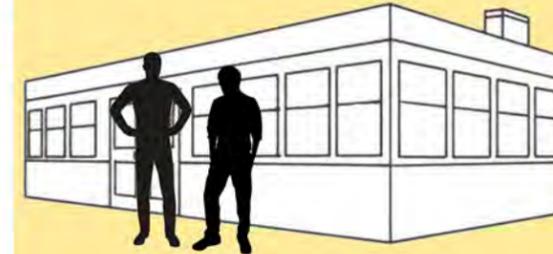
Am I sick or do I have a condition that would make it easier for me to get sick?



When was my last vaccine?



Will I be inside or outside?



How many people will be gathered?



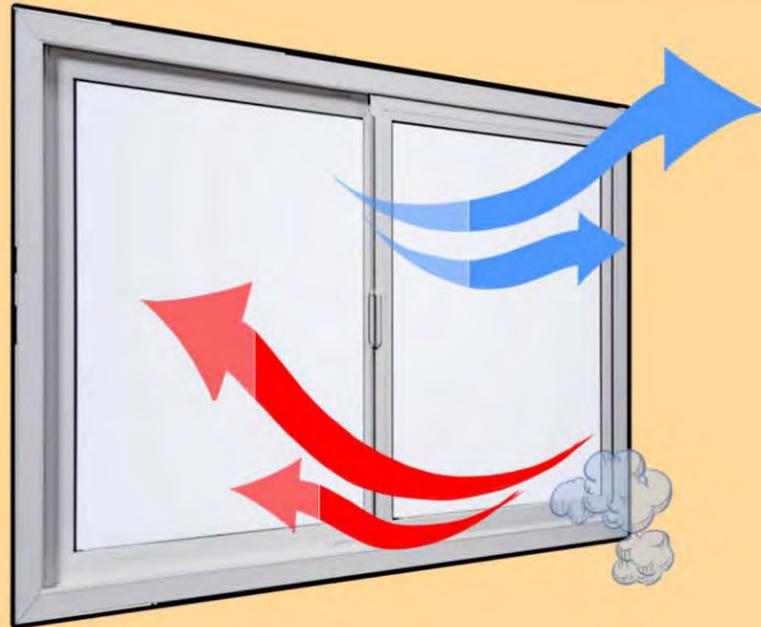
Is there a person who is sick in the group?



What kind of work do I do?

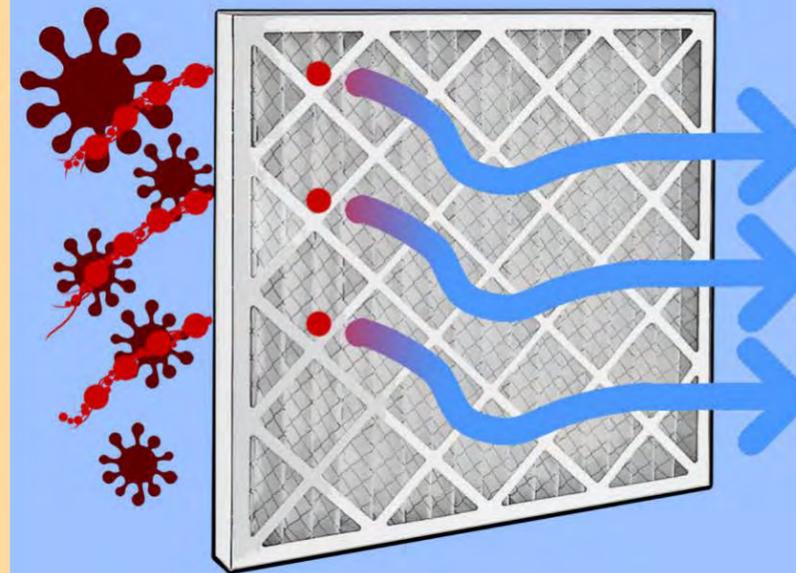


VENTILATION IS VERY IMPORTANT



NATURAL VENTILATION

Open doors and windows. Use fans directed at windows.



INSTALLATION OR IMPROVEMENT OF FILTERS

Filters capture more contaminated particles.



USE AIR PURIFIERS

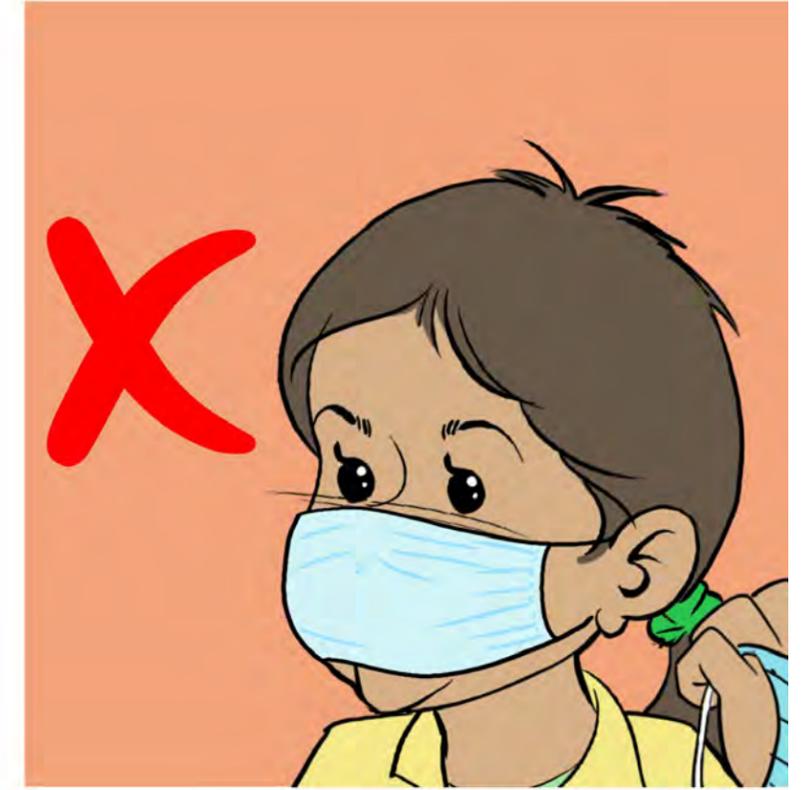
High-efficiency filters (HEPA) capture contaminated particles.



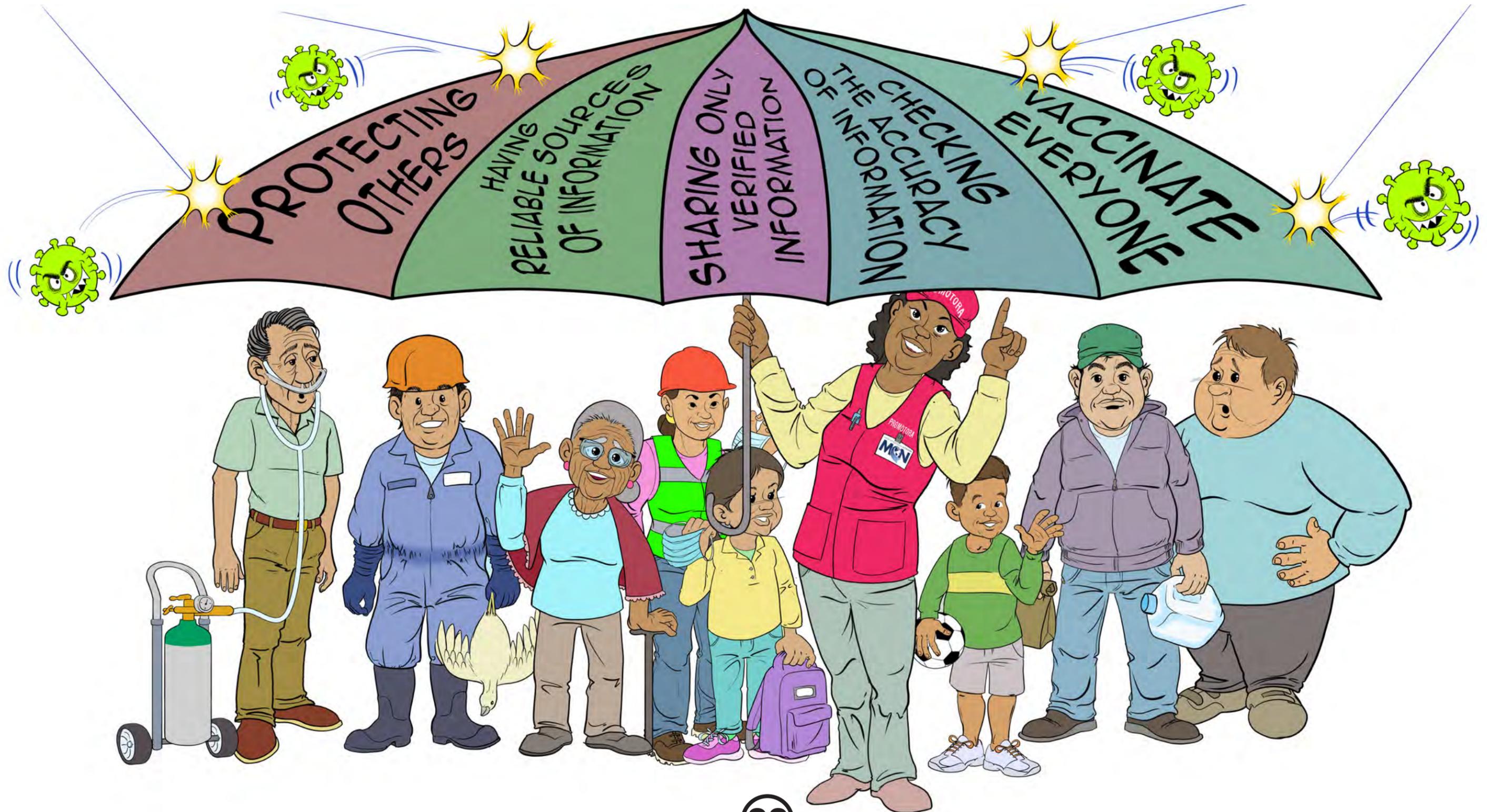
ADJUST

Air conditioners (AC), heating and cooling systems.

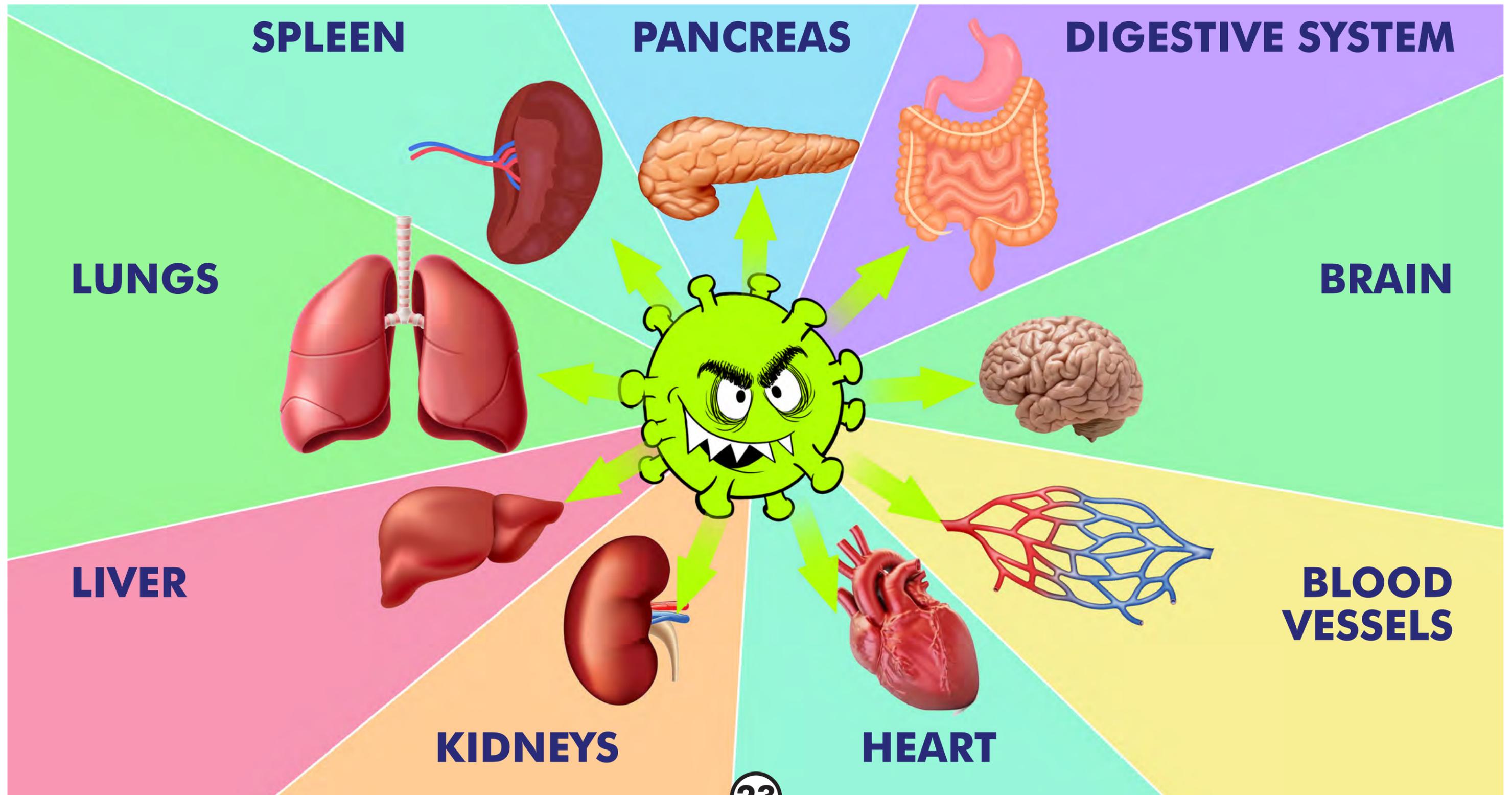
HOW DO WE USE FACE MASKS CORRECTLY?



HOW CAN WE FIGHT AGAINST THE VIRUS?



WHAT IS PERSISTENT OR LONG COVID-19?



CAN WE STILL BECOME SICK WITH COVID-19 ONCE WE ARE VACCINATED?



YES, WE CAN ALL GET SICK EVEN IF WE ARE VACCINATED.



- THE VACCINE PROTECT US FROM:
- ✓ BECOMING SERIOUSLY ILL
 - ✓ BEING HOSPITALIZED
 - ✓ DYING FROM COVID-19
 - ✓ HAVING LONG COVID-19

WE HAVE TO LEARN TO LIVE WITH THIS VIRUS. ALTHOUGH IT IS NO LONGER AN EMERGENCY, THE VIRUS IS STILL WITH US.

COVID-19: HOW HAS IT AFFECTED US?

