

BENEFITS OF GETTING THE COVID-19

- As of now, vaccines are free for everyone.
- Vaccines have been proven effective and safe.
- Works well to protect you and your family.
- After the vaccine, you have less risk of getting or spreading the virus.
- There will be less risk of being very sick if you would get the virus.
- Less risk of being put in the hospital.
- Protects your family and friends that may not be able to get the vaccine.
- New studies show people who are vaccinated have better Immune effect against being infected again than people who have had COVID-19 infection.
- Strong COVID-19 vaccine safety studies have been done and continue
- Some people have mild side effects a few days after getting the vaccine
- Symptoms are very mild compared to getting COVID –19

WHAT COVID –19 VACCINE IS AVAILABLE?

- Here are 4 COVID-19 vaccines approved in USA (Pfizer , Moderna , Johnson & Johnson , Novavax).



VACCINES AND PREGNANCY

- Pregnant women are at increased risk of getting severely ill from COVID-19.
- The CDC recommends pregnant and breastfeeding women to get vaccinated against COVID-19.
- Vaccines are safe :
 - Before you have children
 - While you are pregnant

For more information please contact:

Ebenezer Healthcare Access

196 Hawthorn Street

Dayton, Ohio, 45402

Phone 937 580 8817

Web: www.ebenezeri.org

THE FACTS ABOUT COVID– 19



SYMPTOMS

PREVENTION

VACCINES



WHAT IS COVID-19?

- COVID-19 stands for coronavirus disease 2019
- It is caused by a new type of virus called SARS-CoV-2 discovered in Wuhan, China
- Spreads mostly by fluid from the mouth or nose..
- Like many viruses, SARS-CoV-2 changes genes over time as it spreads
- This is called a new “variant”
- Two variants have been found::
 - Delta spreads to other people faster and has caused more infections
 - Omicron is also thought to spread to others faster
 - Some less common variants Gamma, Alpha, Beta



SYMPTOMS OF COVID-19

- Fever
- Cough
- Trouble breathing
- Feeling tired
- Chills
- Muscle aches
- Headache
- Sore throat
- Problems with sense of smell or taste
- Some people have digestive problems like nausea or diarrhea
- COVID-19 may lead to serious problems:
 - Pneumonia (lung infection)
 - Not getting enough oxygen
 - Heart problems
 - Even death
- Risk of death is higher:
 - In older people
 - People with other health problems (like heart, lung, diabetes or kidney disease)
 - People with low immune system



COVID-19 PREVENTION TIPS

- Get Vaccinated
- Wash your hands with water and soap for 20 seconds or use hand sanitizer (must be 60% alcohol)
- Don't touch eyes, nose or mouth with unwashed hands.
- Stay home if possible, except for doctor's appointments
- Six feet social distancing (or 2 meters apart)
- Wear a mask
- Cover your nose and mouth with tissue or elbow when sneezing.
- Keep objects and surfaces clean.

What if I test positive for COVID-19?

- Stay home quarantine for mild symptoms
- Hospital stay for breathing problems
- Possible treatment :
 - Medicine
 - Help with breathing
- Recovery may take weeks to months

