

**City of Hampton
Community & Health Awareness
Public Service Announcements**

Coronavirus Disease (COVID-19) Awareness

United States Census 2020

Other Announcements and Resources

**Q: What is coronavirus
disease 2019?**



**Q: Am I at risk for COVID-19
infection in the United States?**



**Q: How can I help protect myself
from COVID-19?**



COVID
CORONAVIRUS
DISEASE **19**

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Stay home when you are sick,
except to get medical care.



Wash your hands often with soap
and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19

What Steps Should I Take if I am Sick With Coronavirus Disease 2019 (COVID-19)?

CALL AHEAD BEFORE VISITING YOUR DOCTOR

- If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

WEAR A FACEMASK

- You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

What Other Steps Should I Take if I am Sick With Coronavirus Disease 2019 (COVID-19)?

COVER YOUR COUGHS AND SNEEZES

- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

AVOID SHARING PERSONAL HOUSEHOLD ITEMS

- You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

What Other Steps Should I Take if I am Sick With Coronavirus Disease 2019 (COVID-19)?

CLEAN YOUR HANDS OFTEN

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

CLEAN ALL “HIGH-TOUCH” SURFACES EVERY DAY

- High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

What Other Steps Should I Take if I am Sick With Coronavirus Disease 2019 (COVID-19)?

MONITOR YOUR SYMPTOMS

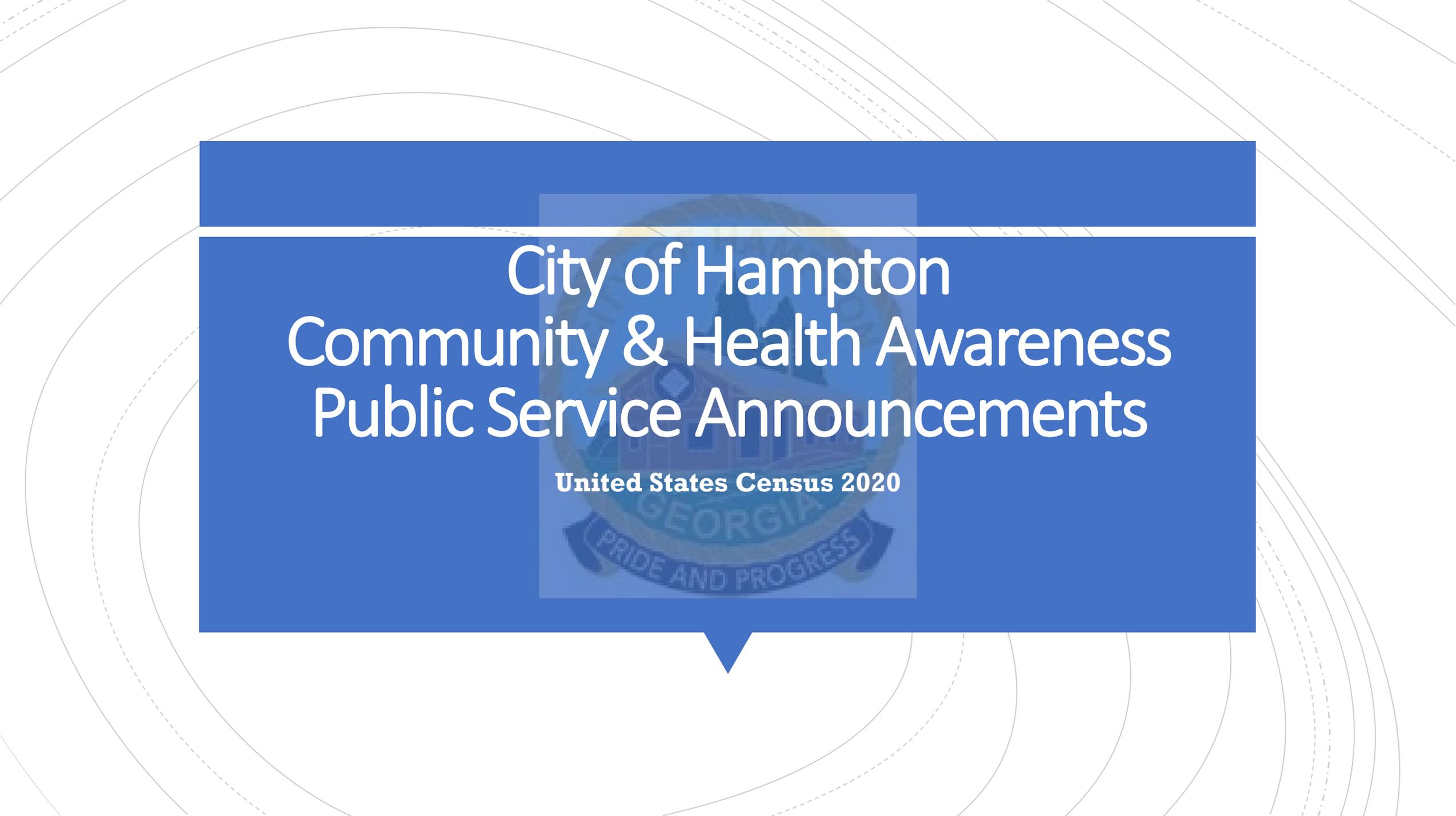
- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.
- Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

What Other Steps Should I Take if I am Sick With Coronavirus Disease 2019 (COVID-19)?

DISCONTINUING HOME ISOLATION

- Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For more information: www.cdc.gov/COVID19

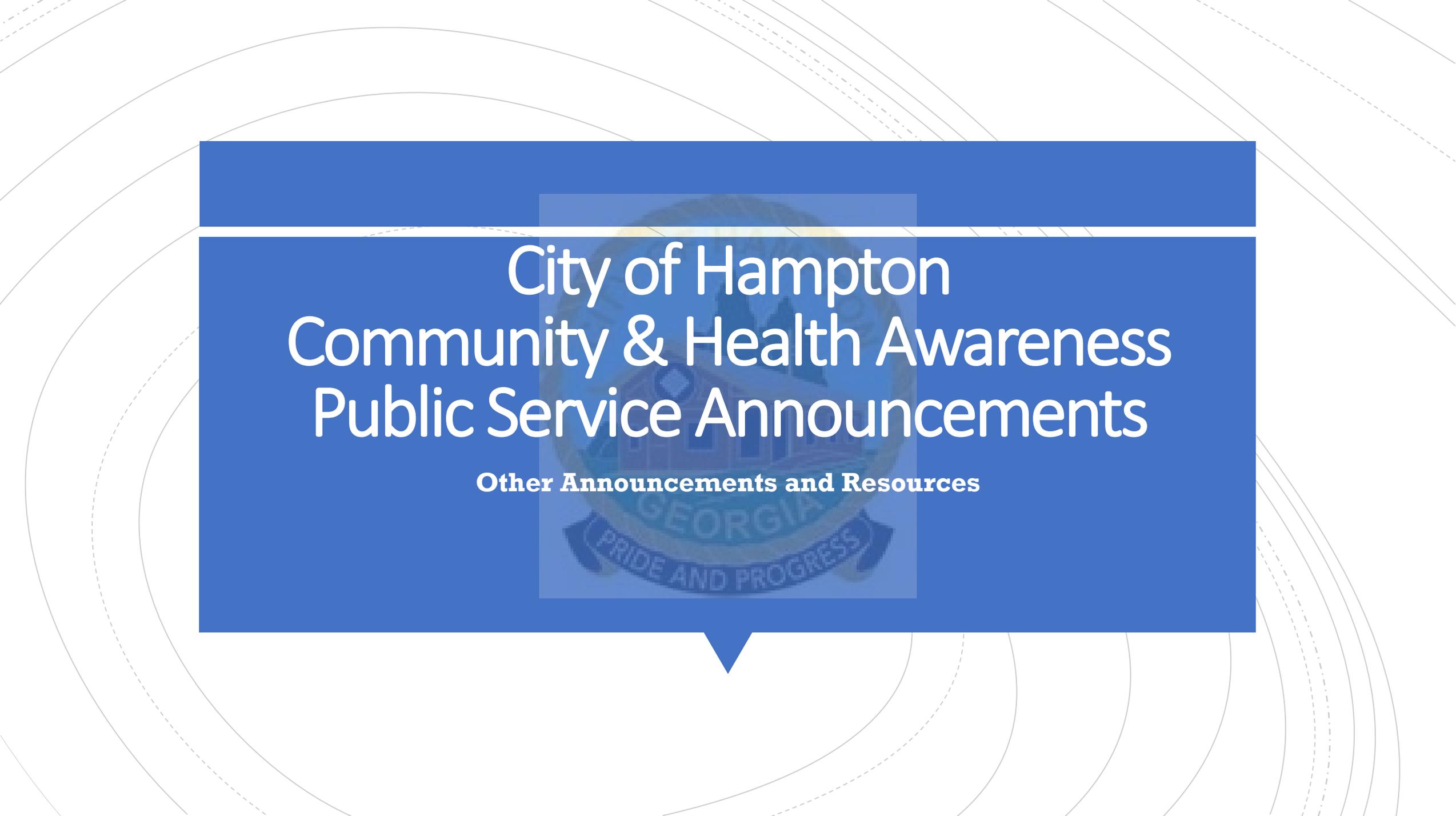


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United States Census 2020

WHAT IS THE
2020 CENSUS?

The image features a central text prompt, "WHAT IS THE 2020 CENSUS?", written in blue ink on a light-colored background. The text is underlined twice. Surrounding the text are various hand-drawn doodles in the same blue ink, including arrows pointing in different directions, squiggly lines, and geometric shapes like a square and a triangle. The doodles are scattered around the text, creating a brainstorming or creative atmosphere.



City of Hampton Community & Health Awareness Public Service Announcements

Other Announcements and Resources

City of Hampton Local and National Resources

RESOURCE	DESCRIPTION	PHONE	WEBLINK
 The logo for the Georgia Crisis & Access Line features a green silhouette of a person's head on the left and a blue silhouette on the right. In the center, the text reads "Georgia Crisis & Access Line" in blue, "1-800-715-4225" in green, and "mygcal.com" in blue below it.	<p>A free 24/7 helpline providing mental health crisis assistance and access to mental health resources throughout the state of Georgia</p>	<p>1-800-715-4225</p>	<p>mygcal.com</p>
 The 911 logo consists of three white squares with red borders, each containing a red digit: "9", "1", and "1".	<p>For emergencies in which law enforcement may be called, ask for a Crisis Intervention Team (CIT) officer</p>	<p>Dial 9-1-1</p>	

City of Hampton Local and National Resources

RESOURCE	DESCRIPTION	PHONE	WEBLINK
<p>CRISIS TEXT LINE TEXT GA to 741741 A FREE, 24/7 TEXT LINE FOR PEOPLE IN CRISIS</p>	<p>Reach a trained counselor by text message. Youth and teens are especially welcome.</p>	<p>Text 'GA' to 741-741.</p>	
	<p>The Georgia Coalition Against Domestic Violence hotline. Find a domestic violence shelter in Georgia</p>	<p>1-800-334-2836</p>	

City of Hampton Local and National Resources

RESOURCE	DESCRIPTION	PHONE	WEBLINK
National Disaster Distress Helpline	National, US-based crisis counseling and support phone line for people experiencing emotional distress related to natural or human-caused disasters.	(800) 985-5990 text 'TalkWithUs' to 66746	
Alcohol & Drug Abuse Hotline	Assistance and support phone line	(800) 729-6686	