

## COVID-19 FACTS

**FACT 1** Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT 2** For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.

**FACT 3** Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

**FACT 4** There are simple things you can do to help keep yourself and others healthy.

- Wash hands often with soap and water for at least 20 sec, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT 5** You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you:

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

## FURTHER RESOURCES

### CDC Frequently Asked Questions

Please reference the CDC website for answers to commonly asked questions:

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

### Updated Travel Information

Please reference the link below for updated travel information and to learn more about where the virus is spreading:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

### Resources

Handwashing

<https://www.cdc.gov/handwashing/pdf/wash-your-hands-poster-english-508.pdf>

COVID-19 Fact Sheet

<https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>

COVID-19 and you

<https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>

What to do if you are sick with COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

Stop the Spread of Germs

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>

Symptoms of COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>

Protect your Home

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/protect-home.html>

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

Compiled by 19 MDG and 19 AW Public Affairs



**KEEPING OUR COMMUNITY SAFE**

**CALL AHEAD  
DO NOT GO INTO THE CLINIC**

*If you, or someone you know,  
has exhibited symptoms of Coronavirus,  
please contact the*

**LITTLE ROCK AIR FORCE BASE  
NURSE ADVICE LINE (501) 987-8811**

or

**TRICARE NURSE ADVICE LINE  
1-800-874-2273 OPTION #1**

Have a general Public Health related question?

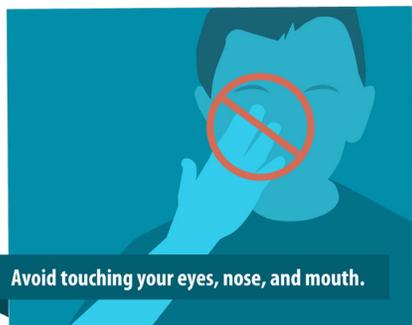
**19awPublicHealth@gmail.com**

Help Keep Phone Lines Free for Patients & Emergencies

Stay current with local policy  
regarding COVID-19 visit:

**[www.littlerock.af.mil/coronavirus](http://www.littlerock.af.mil/coronavirus)**

## TAKE STEPS TO PROTECT YOURSELF



## SELF MONITORING

### 19 MDG Beneficiaries

Recommend sick members call the

**19 MDG Appointment Line**  
**501-987-8811**

7:00AM - 4:00PM Monday-Friday

or, after duty hours call the

**Tricare Nurse Advice Line**  
**1-800-874-2273 option #1**

to be triaged if symptoms worsen or do not improve after 1 day.

- Fever > 100.4F
- Shortness of breath
- Persistent cough
- Have been in close contact with a person known to have COVID-19

### For members with a gaining unit at Little Rock Air Force Base

- Notify their supervisor
- Supervisors should ensure sick Airmen have the supplies to care for themselves
- Supervisors should check on sick Airmen throughout the day to ensure symptoms have not worsened

### LRAFB Visitors

Recommend visitors call their Primary Care Physician to be triaged if symptoms worsen or do not improve after 1 day.

Follow their recommendations to proceed to medical facility or self isolate.

- Fever > 100.4F
- Shortness of breath
- Persistent cough
- Have been in close contact with a person known to have COVID-19



## PLEASE NOTE

**19 AW SUPERVISORS** are **AUTHORIZED** to put Airmen on **QUARTERS FOR 24 HRS** by phone

Any **EXTENSION** past the original 24 hrs must be made by a **MEDICAL PROFESSIONAL**

**DO NOT ARRIVE AT THE CLINIC WITHOUT CALLING**

Call **501-987-8811** to set up an **APPOINTMENT** or get triaged by a **NURSE**

**BENEFICIARIES ONLY** (those assigned to 19 MDG) — if not assigned to 19 MDG reach out to your **OFF-BASE PCM**