COVID-19

COVID-19 is a coronavirus. Coronaviruses have been around for years and cause the common cold. COVID-19 is a different and new strain, first identified in 2019. In some people, COVID-19 causes very mild symptoms that are no worse than a cold. Other people get very sick from COVID-19, and many people have died. Experts continue to study COVID-19, and are trying to understand how to care for people suffering from long term symptoms.

COVID-19 variants

Viruses constantly change through mutation. These mutations create new variants that seem to spread more easily and quickly than other variants. We don't know if you develop a natural immunity to COVID-19 variants if you had the original virus, or how long that protection might last. COVID-19 vaccines appear to offer protection from the current variants. COVID-19 variants will continue to form, especially in areas where people have not developed immunity from having had the virus or the vaccination.

We're here to help...

Richland Public Health
Prevent. Promote. Protect.

419-774-4500
richlandhealth.org
555 Lexington Ave

When to seek emergency medical care for COVID-19

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds

COVID-19 symptoms can include: fever or chills; cough; shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache; loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; diarrhea

Prevention

Living a healthy lifestyle supports a strong immune system. Eat at a well-balanced diet, drink plenty of water, exercise regularly, and get at least 7 hours of sleep every night. Check with an expert about taking vitamins or supplements for even more protection.

Hand washing

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer. Cover all surfaces of your hands and rub them together until they feel dry. Always wash before you prepare food or eat. Try to avoid touching your eyes, nose and mouth.
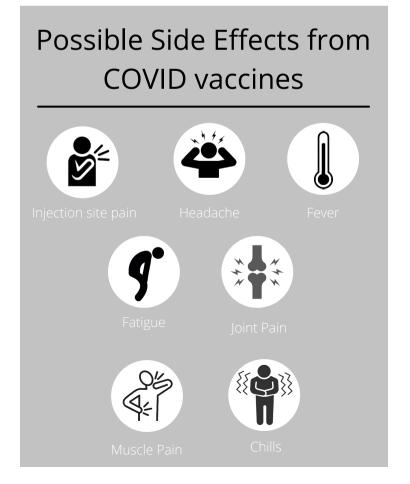
How does the COVID-19 vaccine work?

A vaccine tricks your body into thinking it has an infection, triggering a response in your cells to contain the germs, attack the germs, and attack the cells that have been infected by the germs.

Since the vaccine only imitates germs instead of introducing real germs, the vaccine doesn't cause illness. Vaccine side effects are not caused by a germ, but by your body building immunity to what it thinks is a germ.

Once your body fights a real infection or the imitation infection created by a vaccine, the body will remember how to fight that germ in the future.

Possible Side Effects from COVID vaccines

Injection site pain   Headache   Fever

Fatigue   Joint Pain

Muscle Pain   Chills

Frequently asked questions

Will I still need to wear a mask in public after I am fully vaccinated?

You may still have to practice precautions like wearing a mask in public, practicing social distancing and avoiding crowds and poorly ventilated spaces. The local health department would have the most recent recommendations.

How long will the vaccine protect me?

We are still learning how long COVID-19 vaccines can protect people.

If I have symptoms of COVID-19 after I am fully vaccinated, what should I do?

The vaccines are highly effective, but you can still get COVID-19 after you are fully vaccinated. If you have COVID-19 symptoms, you should stay away from others for at least 10 days after your symptoms start, you've been fever free for 24 hours, and your symptoms are improving.

Where can I get a COVID-19 vaccine?

There are a number of places in Richland County where you can get a COVID-19 vaccine. Call Shannon at 419-774-4761 to schedule an appointment at Richland Public Health, or for more information.

COVID-19 Vaccines are FREE!