**What is COVID-19?**

Covid-19 is a disease caused by a virus called SARS-CoV2. It is spread through the air by coughing, sneezing, singing, talking, and laughing. Most people who have the virus either have minor symptoms like a little nose congestion, sore throat, cough, and loss of taste and smell. Many people do not have any symptoms at all. Some people can get very sick and develop pneumonia with difficulty breathing. This virus can also affect other parts of the body like the heart, liver, kidney, and can potentially cause blood clots. Those at most risk are the elderly, those with diabetes, heart or kidney disease, those who are overweight, pregnant women, and those whose immune system is weak. Wearing masks while in public, keeping at least 6 feet apart from others, washing your hands frequently, and avoiding social gatherings is the best way to stay safe and avoid infection. If you have trouble finding masks then (insert contact information here).

**Testing for COVID-19**

If you want to get tested for COVID-19, there are several sites around Columbia which offer testing. Testing is free. Here is a link to a website which can help you find a site: <https://scdhec.gov/covid19/find-covid-19-testing-location>. If you have trouble finding a testing site then please call (insert contact information here) and they can help.

**Outpatient Treatment for COVID-19**

If you have tested positive for COVID-19, and have symptoms less than 10 days, and are over 55 years old or have diabetes, heart disease, kidney disease, or have a weak immune system, then you may qualify for a treatment called ‘Monoclonal Antibody’, which can help prevent you from becoming very sick from the virus and can reduce the risk for hospitalization. This treatment is free. If you have a doctor then ask them about this treatment or call (insert contact information here) and they will help.

**COVID-19 Vaccine**

Recently, vaccines have been developed against the virus which causes COVID-19. It is very safe and effective. It also is free. Many people don’t want the vaccine because they don’t trust it or the current government. I don’t trust this government either, but the vaccine is safe and very effective and the world’s best way in fighting the virus. The more people vaccinated, the quicker we can get back to normal life. Soon the vaccine will be available to you for free. Please talk to your doctor or (insert contact information here) if you have any questions about the vaccine and how to get it.

**Please note:** Dr. Bais shared this vaccine information in English, as well as in Swahili and Karen. These documents were created for the Survivors Clinic at the University of South Carolina. Your program should review the documents and update for your own program needs.