

COVID-19 BASICS



Facts About the Coronavirus

Coronaviruses are a type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus.

How does COVID-19 spread?

Person to person by coughing, sneezing, or personal contact like touching or shaking hands. Someone with mild symptoms or even no symptoms may spread the disease without knowing they are sick.

How can I protect myself and my family?

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes are at higher risk for developing more serious complications from the coronavirus. Practice safety measures to help control the spread of COVID-19.

COVID-19 Testing

I feel fine, should I get tested?

The short answer is – yes. Asymptomatic individuals (those who may have been exposed but do not show any signs of the illness) can spread COVID-19 without knowing it. If you don't have symptoms, please get tested at one of the Community Service Center testing sites; you don't need to go to KHC or HHKMH.

Is there a vaccine or treatment?

There is no specific treatment for COVID-19, but medical care can help relieve symptoms. If you are sick, call your healthcare provider for instructions.

Where can I get tested?

NO SYMPTOMS? You can get tested for COVID-19 during the GRHC Community Testing Blitz.
EXPERIENCING SYMPTOMS? (Difficulty breathing, fever, or cough) Call your provider immediately. You can be tested in Primary Care Department or Emergency Department.

When can I get tested?

Services available twice daily: **9 am - 1 pm and 5 pm - 7 pm.**

Testing dates may vary. Please contact your local District Service Center or Community Services for testing dates and times.

Non-emergent transportation services are available for Community members residing within GRIC boundaries. To schedule, call 520-562-3321 EXT. 1384, before 2 pm the business day prior.