



# ACT Fast: Your Guide for COVID-19 and Oral Rx Treatment



# How to **ACT** against COVID-19

**COVID-19 spreads quickly**, and in some people it can start with mild symptoms and quickly progress to more severe disease.

**If you think you have been infected, remember to **ACT** fast.**

## **ASSESS**

for COVID-19 symptoms and your risk factors for severe disease

## **CONFIRM**

that you have COVID-19 through a diagnosis from your healthcare provider or pharmacist

## **TALK**

to your healthcare provider about treatment options, including oral treatments, that might be right for you



**If you have any questions about symptoms, testing, or appropriate treatment options, talk to your healthcare provider as soon as possible**

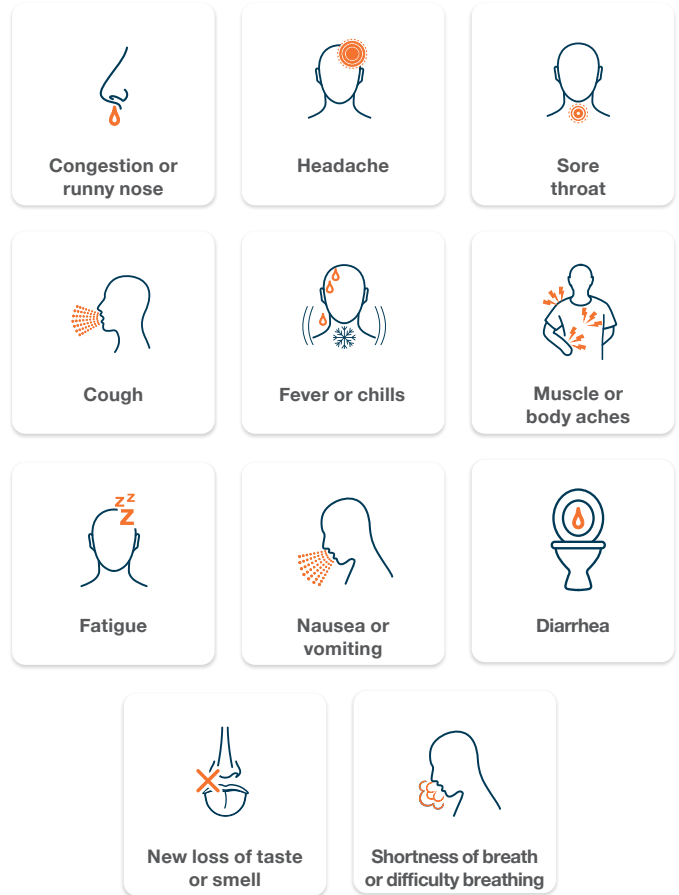
# **ASSESS** for symptoms of COVID-19

## **What is COVID-19?**

COVID-19 is caused by an infection from a virus called SARS-CoV-2, which belongs to the coronavirus family. You can get COVID-19 through contact with a person who has the virus.

**Talk to your healthcare provider as soon as possible if you test positive or have symptoms of COVID-19.**

## **Common COVID-19 symptoms include:**



For a full list of COVID-19 symptoms, please visit <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>



# ASSESS your risk factors

## What can put you at increased risk for severe COVID-19?

Although people of all ages and groups can get infected, certain factors increase the risk of severe illness from COVID-19, which can lead to hospitalization or death.

### Having a high-risk factor is more common than you think.

The Centers for Disease Control and Prevention (CDC) has determined that a person with one or more of these high-risk factors is more likely to develop severe illness from COVID-19.

- Age 50 and over
- Cancer
- Chronic kidney disease
- Chronic liver disease
- Chronic lung diseases (including moderate-to-severe asthma, COPD)
- Cystic fibrosis
- Dementia or other neurological conditions
- Diabetes (Type 1 or Type 2)
- Disabilities (including attention-deficit/hyperactivity disorder [ADHD], learning disabilities, and intellectual/developmental disabilities)
- Heart conditions (and possibly hypertension)
- HIV infection
- Immunocompromised condition or weakened immune system
- Mental health conditions (mood disorders, including depression, and schizophrenia spectrum disorders)
- Overweight or obese
- Physically inactive
- Pregnant or recently pregnant
- Sickle cell disease or thalassemia
- Smoker (current or former)
- Solid organ or blood stem cell transplant
- Stroke or cerebrovascular disease
- Substance use disorders (such as alcohol, opioid, or cocaine use disorder)
- Tuberculosis

Some people are at increased risk of getting very sick or dying from COVID-19 because of where they live or work, or because they can't get healthcare. This includes many people from racial and ethnic minority groups and people with disabilities.

# CONFIRM that you have COVID-19

## Why is it important to know if you have COVID-19?

If you feel sick or test positive, it's important to talk to your healthcare provider right away. The sooner you confirm that you have COVID-19, the sooner you may be able to start treating the virus. The virus multiplies quickly in your body, and you may infect others without realizing.

You can confirm if you have COVID-19 through a diagnosis from a healthcare provider, or by taking a COVID-19 test.



### You should get tested as soon as possible if you have symptoms of COVID-19.

Early testing may help reduce the spread of COVID-19. Talk to your healthcare provider and ask about appropriate treatment right away.

Talk to your healthcare provider to determine if you have a high-risk factor that could cause your COVID-19 to become severe.

# TALK to your healthcare provider about oral Rx treatments

## Treating COVID-19

Oral Rx treatment options are available for appropriate patients who have high-risk factors that could cause their COVID-19 to become severe, even if their symptoms start out mild.

If you have symptoms, don't wait to see if they get better or worse—oral treatments are available and can be taken at home, but they must be started within 5 days from when your symptoms begin.

## Discuss your medications before starting treatment

If you are prescribed a treatment for COVID-19, talk to your healthcare provider about any medications you are currently taking, including prescriptions, over-the-counter medications, vitamins, and herbal supplements. Some medicines may interact with COVID-19 treatments or cause serious side effects.

Keep a list of your medications to show your healthcare provider and pharmacist when you are prescribed a new medication.



Talk to your healthcare provider to see if an oral Rx treatment is right for you

# Remember to ACT fast against COVID-19

## ASSESS

for COVID-19 symptoms and your risk factors for severe disease

## CONFIRM

that you have COVID-19 through a diagnosis from your healthcare provider or pharmacist

## TALK

to your healthcare provider about treatment options, including oral treatments, that might be right for you

Act fast and test for COVID-19 at the first sign of symptoms. If you have high-risk factors, even mild symptoms could become severe, leading to hospitalization or death. Talk to your healthcare provider as soon as possible to see if an oral Rx treatment is right for you.

