Brought to you by the Holy Family Health Ministry

We Have Been Through a Lot This Year Congratulations!!!

You've made it through climate change, racial tensions, threats of war, halfway through a pandemic, and partway through hurricane season. Together, we are resilient.

We at the Holy Family
Health Ministry
would like to take the
time to encourage
continued









strength during

this time of difficulty.

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What we Know....

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms:

Fever

Dry cough

Tiredness

Less common symptoms:

Aches and pains

Sore throat

Diarrhoea

Conjunctivitis

Headache

Loss of taste or smell

Rash on skin

Discolouration of fingers or toes

Serious symptoms:

Difficulty breathing or shortness of breath

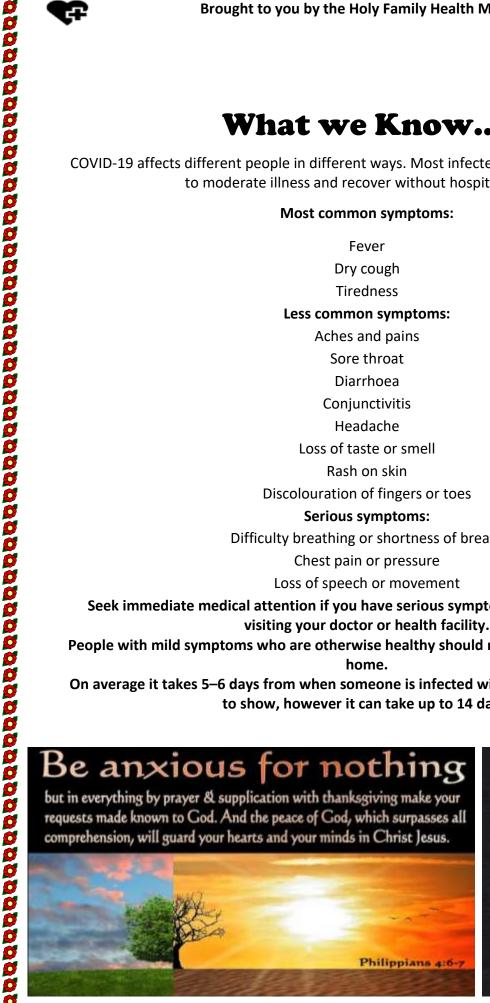
Chest pain or pressure

Loss of speech or movement

Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility.

People with mild symptoms who are otherwise healthy should manage their symptoms at home.

On average it takes 5-6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.



When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is!

Virgin Island COVID- 19 Hotline

Do you want more information on COVID- 19, or do you have a symptom and would like to get tested; Contact the Local Hotline at:

(340)-776-8311

Ext. 5704

For Latest Updates Text:

COVID19USVI to the Phone Number

888-777