




COVID-19: What Do I Need To Do?

With your help, we will slow the spread of COVID-19. Do your part:

- Practice the **3 Ws** – **wear** a cloth covering over your nose and mouth, **wait** 6 feet from others and **wash** your hands or use hand sanitizer.
- Answer the call from your Local Health Department to know if you've been exposed to COVID-19 and get the resources and support you need.
- Separate yourself from others, even if you are not sick, but especially if you have or have been exposed to COVID-19.

Why is avoiding others important? COVID-19 is a highly contagious disease. It is spread through the air by coughing or sneezing, through close personal contact (including touching and shaking hands) or through touching your face before washing your hands. Practice **social distance**, **self-quarantine** and **self-isolation** to slow the spread.

| |  SOCIAL DISTANCING |  SELF-QUARANTINE |  SELF-ISOLATION |
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| Why | Prevents Spread – everyday measure you can take now to protect yourself and others | Prevents Spread – for people who were exposed to a person with COVID-19 but are not having symptoms | Prevents Spread, Promotes Recovery – for people who have symptoms or test positive to avoid infecting others |
| How Far Away and How Long? | When leaving home, everyone should remain 6 feet away from others who are not in their household at all times. | People who have been exposed to COVID-19 but do not have symptoms should remain 6 feet away from others, including at home if possible, and stay home for 14 days. | People who have symptoms or test positive for COVID-19 should avoid contact with others, including at home, until: It has been at least 10 days since your first symptoms, AND you have been fever-free for 3 days without fever-reducing medicine AND your symptoms have improved. |
| What Do You Need to Do? | <p>Keep Your Distance</p> <ul style="list-style-type: none"> • Avoid large groups • Use digital communication • Work from home • Replace hugs/handshakes with no-touch greetings • Use drive-through or delivery options at stores and restaurants • Go to stores at off-peak times when they are less busy • Do not visit nursing homes, retirement or senior centers, or long-term care facilities if possible <p>If you've been exposed to COVID-19, self-quarantine. If you develop symptoms or test positive, self-isolate.</p> | <p>Monitor for Symptoms:</p> <ul style="list-style-type: none"> • Congestion or runny nose • Cough • Fever or chills • Headache • Shortness of breath or difficulty breathing • Muscle pain • Sore throat • New loss of taste or smell • Fatigue • Nausea or vomiting • Diarrhea <p>If you've been exposed to COVID-19, get tested. If you test positive or develop symptoms, self-isolate and contact your doctor.</p> | <p>Stay Away from People and Pets:</p> <ul style="list-style-type: none"> • Stay isolated in your home • Use a separate bathroom • Sleep alone • Stay 6 feet from family or other household members • Do not share towels, dishes, drinks, etc. <p>Wash your hands frequently and clean all high touch surfaces every day. Get rest and stay hydrated.</p> <p>If you have symptoms, get tested for COVID-19. Visit ncdhhs.gov/testingplace for testing locations. Contact your doctor if you are not improving or another health condition is getting worse. If you need to go to the doctor, call ahead and avoid public transportation.</p> |

Being apart from family, friends and neighbors because of COVID-19 can be difficult. If you need support, call the **Hope4NC Helpline (1-855-587-3463)** for assistance available 24/7. If you do not have a safe place to social distance, self-quarantine or self-isolate, call 2-1-1 for information on non-congregate sheltering in your area.