

# SEVEN SIMPLE STEPS TO REDUCE THE SPREAD OF COVID-19

## How to Protect Yourself:

1

Wash your hands for 20 seconds.



2

Abstain from touching your eyes, mouth and nose.

3

Stay home as much as possible.



4

Practice social distancing.

5

Wear protective face gear.



6

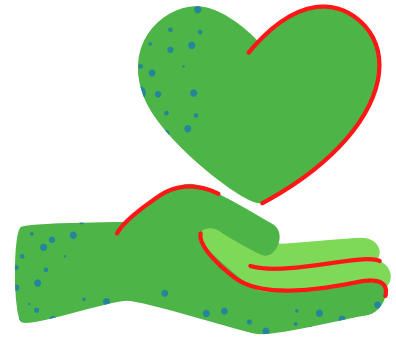
Always cover coughs and sneezes.

7

Clean and disinfect often used household surfaces.

# Symptoms of COVID-19:

- Fever
- Dry cough
- Diarrhea
- Loss of taste and sense of smell
- Pink eye
- Sore throat
- Profuse night sweats
- Flu like symptoms, such as body aches and fatigue



## Seek emergency medical help if you have:

- Difficulty breathing or shortness of breath
- Confusion
- Bluish lips or face
- Chest pain or pressure

## Questions, or feel you've been exposed to COVID-19:

- North Carolina COVID-19 Hotline: 886-467-3821
- For non-emergency COVID-19 questions: Call or text "COVIDNC" to 898211
- Duke Health COVID-19 Hotline: 919-385-0429, option 2 (8:00 am-8:00pm, seven days a week)
- Contact your local Health Department