TAKE STEPS TO STAY HEALTHY

and help prevent the spread of flu, common colds, and other respiratory infections:

- Wash hands often with soap and water.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.
- Avoid contact with people who are sick.

If you develop any of these symptoms and believe you may be at risk of COVID-19, please call your healthcare provider and tell them about any recent travel, exposures, and your current symptoms.

- A fever
- Difficulty breathing
- A cough

To learn more visit: mecknc.gov or cdc.gov/coronavirus