

Take Preventative Actions

Everyday actions can prevent the spread of respiratory viruses. Protect yourself and others with these tips:



The virus is spread mainly between people within six feet of each other through droplets produced when an infected person coughs or sneezes.



You can also get COVID-19 by touching surface or object that has the virus on it and then touching your mouth, nose, or eyes.

If you develop these symptoms, contact your primary care provider before visiting a doctor's office or urgent care location.

If you are having trouble breathing, call 911 or seek immediate treatment.



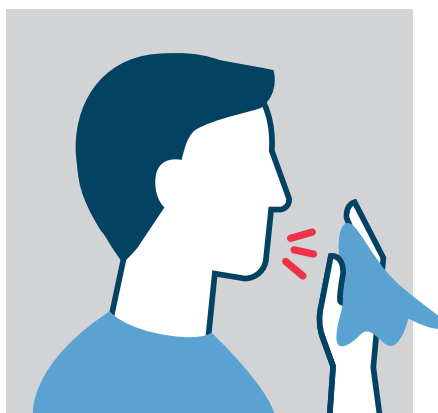
WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS. IF SOAP AND WATER ARE NOT AVAILABLE, USE AN ALCOHOL-BASED HAND RUB WITH AT LEAST 60% ALCOHOL.



AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK.



CLEAN AND DISINFECT SURFACES AND OBJECTS THAT ARE USED OFTEN, SUCH AS CELLPHONES, DOOR KNOBS, AND LIGHT SWITCHES.



COUGH OR SNEEZE INTO YOUR ELBOW OR COVER YOUR NOSE AND MOUTH WITH A TISSUE.



AVOID TOUCHING YOUR FACE.



IF YOU DO BECOME SICK, STAY HOME AND LIMIT CONTACT WITH OTHERS IN YOUR HOME AS MUCH AS POSSIBLE.

For more information about how to avoid getting sick or spreading respiratory illnesses to others, visit our Coronavirus Resource page: UNCHealthcare.org/coronavirus

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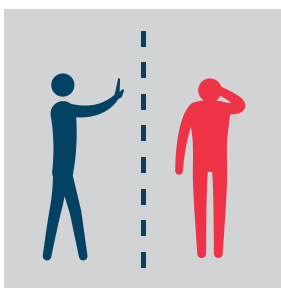
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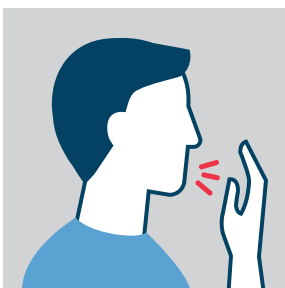
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