How to Prepare for COVID-19

Create a home emergency kit
- Non-Perishable Food
- Bottled Water
- Medications
- Flashlight + Extra Batteries
- First Aid Kit
- Warm Clothing
- Baby Supplies
- Pet Supplies

Know the symptoms of COVID-19
- Fever
- Cough
- Shortness of Breath

SPREADS THROUGH CLOSE CONTACT

Take Everyday Precautions
- Wash Your Hands
- Don't Touch Face
- Avoid Sick People

If You Feel Sick
- Stay home and avoid contact with others.
- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Don't travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Throw tissue in the trash.

For more information, visit www.townofchapelhill.org/coronavirus