

What Can I Do? Additional Tips about Coronavirus COVID-19

*There are lots of concerns about Coronavirus COVID-19.
Here is what you can do:*

Stick to the Facts.

Get Accurate Information from your Clinic, Health Department, CDC, Work or School.



Don't go to work or school if you are sick.

Avoid close contact with people who are sick.



Practice Good Hygiene.

Wash your hands thoroughly and frequently. That includes the tips and bases of your fingers, and your palms too.



Avoid touching your face with unwashed hands.

Cough or Sneeze into the inside of your elbow or use disposable tissues.



Clean and disinfect frequently-touched surfaces every day.

Be Prepared.

If possible, get extra prescription medication to have on hand at home. If you are unsure of how to do that, ask your doctor.



Protect Those Around You.

Those at highest risk are older adults, and people with serious chronic medical conditions like heart disease, diabetes, lung disease or compromised immune systems.



If you or someone you live with falls into that category, take extra precautions. Avoid crowds and stay at home as much as possible during the COVID-19 outbreak.

Treat everyone with respect and dignity.

Viruses don't discriminate and neither should we.

At the Health Department, everyone is welcome, regardless of immigration status.



If you have symptoms of Coronavirus (Chills, Headache, Sore Throat, Muscle Pain, New Loss of Taste or Smell, Fever, Cough, Difficulty Breathing) seek medical care right away.

If you are sick and around other people, wear a face mask.

Before going to a doctor's office or emergency room, call ahead and tell them about your symptoms.



Continue to visit the Orange County Health Department website for additional information and updates: orangecountync.gov/coronavirus

Or call **919-245-6111** if you have specific questions.