COVID-19: What Do I Need To Do?

With your help, we will slow the spread of COVID-19. Do your part:

- Practice the **3 Ws** – **wear** a cloth covering over your nose and mouth, **wait** 6 feet from others and **wash** your hands or use hand sanitizer.
- Answer the call from your Local Health Department to know if you’ve been exposed to COVID-19 and get the resources and support you need.
- Separate yourself from others, even if you are not sick, but especially if you have or have been exposed to COVID-19.

**Why is avoiding others important?** COVID-19 is a highly contagious disease. It is spread through the air by coughing or sneezing, through close personal contact (including touching and shaking hands) or through touching your face before washing your hands. Practice **social distance**, **self-quarantine** and **self-isolation** to slow the spread.

<table>
<thead>
<tr>
<th>Why</th>
<th>How Far Away and How Long?</th>
<th>What Do You Need to Do?</th>
</tr>
</thead>
</table>
| Prevents Spread – everyday measure you can take now to protect yourself and others | When leaving home, everyone should remain 6 feet away from others who are not in their household at all times. | Keep Your Distance
- Avoid large groups
- Use digital communication
- Work from home
- Replace hugs/handshakes with no-touch greetings
- Use drive-through or delivery options at stores and restaurants
- Go to stores at off-peak times when they are less busy
- Do not visit nursing homes, retirement or senior centers, or long-term care facilities if possible  |
| Prevents Spread – for people who were exposed to a person with COVID-19 but are not having symptoms | People who have been exposed to COVID-19 but do not have symptoms should remain 6 feet away from others, including at home if possible, and stay home for 14 days. | Monitor for Symptoms:
- Congestion or runny nose
- Cough
- Fever or chills
- Headache
- Shortness of breath or difficulty breathing
- Muscle pain
- Sore throat
- New loss of taste or smell
- Fatigue
- Nausea or vomiting
- Diarrhea  |
| Prevents Spread, Promotes Recovery – for people who have symptoms or test positive to avoid infecting others | People who have symptoms or test positive for COVID-19 should avoid contact with others, including at home, until it has been at least 10 days since your first symptoms, **AND** you have been fever-free for 3 days without fever-reducing medicine **AND** your symptoms have improved. | Stay Away from People and Pets:
- Stay isolated in your home
- Use a separate bathroom
- Sleep alone
- Stay 6 feet from family or other household members
- Do not share towels, dishes, drinks, etc.  |
| 6 FEET                                 | 14 DAYS                     | When you leave home, everyone should remain 6 feet away from others who are not in their household at all times. |

If you’ve been exposed to COVID-19, self-quarantine. If you develop symptoms or test positive, self-isolate.

If you’ve been exposed to COVID-19, get tested. If you test positive or develop symptoms, self-isolate and contact your doctor.

If you have symptoms, get tested for COVID-19. Visit ncdhhs.gov/testingplace for testing locations. Contact your doctor if you are not improving or another health condition is getting worse. If you need to go to the doctor, call ahead and avoid public transportation.

Being apart from family, friends and neighbors because of COVID-19 can be difficult. If you need support, call the **Hope4NC Helpline (1-855-587-3463)** for assistance available 24/7. If you do not have a safe place to social distance, self-quarantine or self-isolate, call 2-1-1 for information on non-congregate sheltering in your area.