



Together, we can protect our loved ones and limit the impact of COVID-19 on our community. You were in close contact with someone who has COVID-19. It is important that you know about the disease and follow these instructions to protect yourself, your loved ones and neighbors.

WHAT ARE THE SYMPTOMS OF COVID-19?

While it is possible to have no symptoms of COVID-19, some common symptoms include:

- Fever or flushed feeling
- Cough
- Trouble breathing
- Nausea or vomiting
- Diarrhea
- Muscle pain
- Headache
- Sore Throat
- Chills or shaking
- New loss of sense of smell or taste
- Congestion or runny nose

People may have symptoms that are not on this list, especially children.

HOW IS COVID-19 SPREAD?

COVID-19 is mainly spread in two ways. When someone with the virus coughs, sneezes or talks, tiny droplets with the virus leave the body.

- (1) The droplets can then be breathed in by another person. That person can then get sick.
- (2) The droplets can land on a surface. Another person may touch that surface and then touch their face. That person can then get sick.

Someone with the virus might not have symptoms. Someone without symptoms can still infect others. You have to be careful so that you do not spread the disease even if you feel ok.

HOW DO I PROTECT MYSELF AND MY LOVED ONES?

- (1) **Quarantine.**
 - Quarantine means that you need to stay home. It is important because spreading the virus can start before illness.
 - Limit your contact with anyone inside your household.
 - Stay at least 6 feet away from others at all times.
 - Stay away from people who may be at high risk for getting severe illness. People 65 and older and people of any age with chronic diseases like diabetes or heart disease are at high risk.
 - If you stay well, your quarantine will end after 14 days from when you were last in close contact with someone with COVID-19.
- (2) **Wear a face covering.**
 - Cover your mouth and nose with a cloth mask if you have to be around others.
 - Visit www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html to learn more about making cloth face coverings from common household items.
- (3) **Wash your hands often.**
 - Use soap and water for at least 20 seconds. You can sing the alphabet song to time the 20 seconds.
 - Soap and water are the best way to wash your hands. You can use hand sanitizer if you do not have soap and water.
- (4) **Get tested.**
 - Because you have been in close contact with someone with COVID-19, you should get tested immediately if you are ill or about 6 days after your last exposure to COVID-19 if you feel well.
 - Call your doctor, nurse or local health department to figure out where to get tested.
 - To find a COVID-19 testing site near you visit www.ncdhhs.gov/TestingPlace.
- (5) **Monitor your symptoms.**
 - Pay attention to how you feel. Let your doctor or health care provider know if you have persistent or worsening symptoms during your quarantine.

QUESTIONS OR CONCERNS?

Call your local health department (www.ncdhhs.gov/divisions/public-health/county-health-departments) or 1-844-628-7223.



Staying apart brings us together. Protect your family and neighbors.

Learn more at nc.gov/covid19.

