How COVID-19 Spreads

How does it spread?
- Between people who are in close contact with one another (6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

When does it spread?
People are most contagious when they have symptoms. Symptoms include fever, cough and shortness of breath.

Can you get it from touching contaminated objects?
 Possibly. If you touch a surface with the virus on it, then touch your mouth, nose or eyes (but not likely to be main way the virus spreads).

COVID-19 HEALTH TIPS

@NCDHHS

Wash hands with soap and water for 20+ seconds each time.

Avoid touching your eyes, nose and mouth with unwashed hands.

Stay home from work or school if you are sick.

Avoid close contact with people who are ill.

Cover your mouth and nose with a tissue when you cough or sneeze.

Throw away tissues after coughing, sneezing or blowing your nose.

Clean and disinfect surfaces that are frequently touched.

COVID-19 Symptoms

Fever  Cough  Difficulty Breathing  Severe Illness

SOURCE: CDC

Stop the Spread

Keep Healthy Distances

Social Distancing is avoiding crowds of 25+ people.


Have to go out? Stay 6+ feet away from others.
**Stop the Spread**

**What's your risk?**

If you've been in contact with someone with COVID-19 but have not been outside NC?

- **NO RISK** – walked by or briefly in same room as person diagnosed with COVID-19 while they showed symptoms (fever, cough, shortness of breath)
- **LOW RISK** – in same room but 6+ feet away from person diagnosed with COVID-19 while symptomatic
- **MEDIUM RISK** – close contact (within 6 feet for 10+ minutes) with person diagnosed with COVID-19 while symptomatic *Call your local health department
- **HIGH RISK** – in close household contact with person diagnosed with COVID-19 *Call your local health department

**Stop the Spread**

**Are You High Risk?**

These people are at higher risk of getting very sick from COVID-19. Take actions to reduce your risk of getting sick.

- **Those in close household contact with person diagnosed with COVID-19**
- **People 65+ years old**
- **People with underlying health conditions** (i.e., heart/lung/kidney disease, diabetes, weakened immune system, etc.)

**Stop the Spread**

**Actions for those at High Risk**

- **Stock up on supplies** (routine medicines, groceries, tissues - items you would need when sick)
- **Avoid crowds**. Limit close contact with others when in public
- **Avoid non-essential air travel and cruises.**
- **Stay home** as much as possible IF there is an outbreak in your community
- **Stay away from sick people.**

**COVID-19 Response**

**Know the Difference**

These methods help protect the public by preventing the spread of COVID-19. Contact your local health department if you have questions.

- **Self-monitoring** Advises individuals to monitor themselves to see if they develop symptoms.
- **Isolation** Separates individuals who are sick away from those who are well.
- **Quarantine** Restricts movement of individuals potentially exposed to COVID-19 to see if they become sick.