

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).

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SOURCE: CDC

COVID-19 HEALTH TIPS

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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

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Stop the Spread

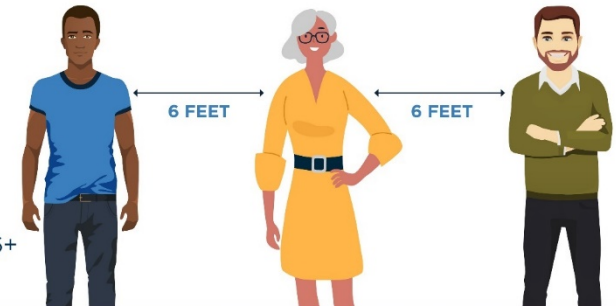
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Keep Healthy Distances

Social Distancing is avoiding crowds of 25+ people

Why? To help limit spread of contagious diseases like COVID-19

Have to go out? Stay 6+ feet away from others







Stop the Spread

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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

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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** (ie. heart/lung/kidney disease, diabetes, weakened immune system, etc.)

Stop the Spread

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Actions for those at High Risk

Stock up on supplies
(routine medicines, groceries, tissues - items you would need when sick)



Stay away from sick people.



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



COVID-19 Response

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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.