

# COVID-19

# THE KEY FACTS



COVID-19 is serious, but it is not always deadly. Eating well, exercising, and getting to bed early can help your body fight COVID-19. Taking steps as soon as you feel ill can help you and your loved ones. So don't be afraid to say something or ask for help. **We're in this together.**

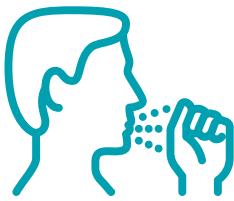
## SYMPTOMS



None to mild



Fever



Cough / Change in  
smell or taste



Shortness of breath



Severe respiratory illness  
and in some cases, death

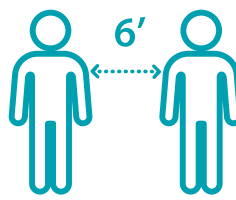
## PREVENTION



Wash your hands often.



Wear a mask  
when in public



Stay 6 feet from others,  
especially people who are sick.



Clean surfaces often.

## WHO IS AT RISK?

If you've been in contact with people who have been sick with COVID-19, you are at risk for infection.



**Call your primary care physician if:**

1. You've been in close contact with a person known to have COVID-19 and you have a fever, cough or difficulty breathing

2. You have these symptoms and believe you may have been exposed to COVID-19

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Vidant COVID-19 Community Resource Line **252-847-8000** | **VidantHealth.com/COVID19**

Information sourced from [cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov)