

# COVID-19

# HOW TO STOP THE SPREAD



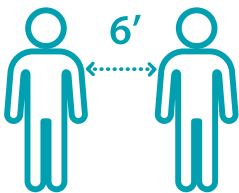
## PREVENT



**Wash** your hands often, for at least 20 seconds. Wash with soap and water or hand sanitizer if soap and water aren't available.



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



**Socially distance** at least 6 feet from other people.



**Cover** your coughs and sneezes with a tissue. Throw out the tissue and wash your hands.

## AVOID SPREAD



**Disinfect** surfaces before and after you touch or use. Use the appropriate disinfectant and allow enough contact time.



**When in public**, stay 6 feet apart from others and wear a mask over your nose and mouth.



**Stay** at home while you are sick.



**VidantNow** is available 24/7 from home for \$20 or less when using **VidantRelief20** discount code and provides non-urgent care.

Download the app or call 1-888-575-2522

11-19-20

Vidant COVID-19 Community Resource Line (8am - 8pm) 252-847-8000 | [VidantHealth.com/COVID19](https://VidantHealth.com/COVID19)

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