

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.**

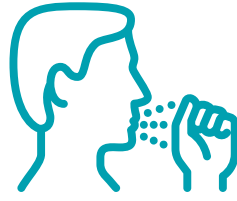
SYMPTOMS



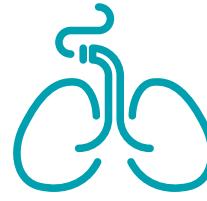
None to mild



Fever



Cough / Change in
smell or taste



Shortness of breath



Severe respiratory illness
and in some cases, death

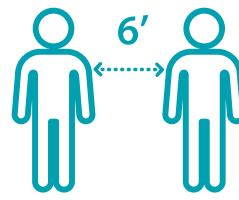
PREVENTION



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

11-19-20

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

Information sourced from cdc.gov/coronavirus/2019-ncov