

# TAKE STEPS TO STAY HEALTHY

and help prevent the spread of flu, common colds, and other respiratory infections:



WASH HANDS OFTEN WITH SOAP AND WATER.



COVER YOUR MOUTH/NOSE WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING.



AVOID CONTACT WITH PEOPLE WHO ARE SICK.

If you develop any of these symptoms and believe you may be at risk of COVID-19, please call your healthcare provider and tell them about any recent travel, exposures, and your current symptoms.



A FEVER



DIFFICULTY BREATHING



A COUGH



MECKLENBURG COUNTY  
North Carolina  
Public Health

To learn more visit:  
[mecknc.gov](http://mecknc.gov) or  
[cdc.gov/coronavirus](http://cdc.gov/coronavirus)