KNOW HOW IT SPREADS
COVID-19 is mainly spread from person-to-person. The virus is spread by people in close contact through infected respiratory droplets. Some people may be infected, have no symptoms and can still spread the virus. This is known as asymptomatic.

AVOID CLOSE CONTACT
As hard as it may be, inside your home, you should avoid close contact with sick family members. Outside your home, put 6 feet of distance between yourself and people who do not live with you. This is known as physical/social distancing.

WEAR YOUR MASK
Remember to cover your mouth and nose with a mask when around others. You can spread COVID-19 to others even when you do not feel sick. The mask is meant to protect others from your germs. Everyone over the age of two, who is able, should wear a mask in public settings. The mask is NOT a substitute for physical/social distancing.

COVER COUGHS & SNEEZES
Remember to cover your mouth and nose when you cough or sneeze with a tissue or the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands for at least 20 seconds. Hand sanitizer with at least 60% alcohol content can be used in place of handwashing.

CLEAN & DISINFECT
Frequently touched surfaces should be cleaned AND disinfected daily. This includes doorknobs, light switches, countertops, handles, desks, phones, toilets and sinks. Dirty surfaces should be cleaned. Most common household disinfectants will work.

MONITOR YOUR HEALTH DAILY
Be alert for symptoms. Watch for fever, cough, shortness of breath or other symptoms of COVID-19. This is especially important if you are out of your home during the day. If symptoms develop, take your temperature. Do not take your temperature after taking medications or exercising. Contact your provider for further guidance.

Visit uncp.edu/covid for more information and resources.

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STAY HOME IF SICK
AVOID CONTACT WITH OTHERS
WASH HANDS WITH SOAP
SANITIZE OR DISINFECT OFTEN
WEAR FACE COVERING AND SOCIAL DISTANCE
STAY HOME IF SICK

SYMPTOMS OF COVID-19
• Fever of 100.4 or higher
• Tiredness
• Dry cough
• Difficulty breathing
• Aches and pains
• Sore throat
• Runny nose

BraveNation Cares
Get your vaccination as soon as possible!

Visit uncp.edu/covid for more information and resources.

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