## Help Slow the Spread of COVID-19

Monitor yourself for fever, cough & shortness of breath

Stay home if you become sick until your symptoms are gone

Wash your hands with soap and water for 20 seconds

Cover your coughs and sneezes with your sleeve

Older adults are urged to stay home for the next few weeks to protect themselves

For updates on COVID-19 response efforts in Union County, follow the Union County Health Department







COUGH

SHORTNESS

**OF BREATH** 

**PROTECT THOSE YOU LOVE** Older adults and those with chronic medical conditions are at greater risk for severe illness