

*I have coronavirus
(COVID-19).*

What should I do?

Stay Home

DO NOT go to public places
(work, school, supermarket,
pharmacy, public transportation, etc.)
or visit friends and family

I Do Not Have a Separate Room / Area

- Avoid interacting with others and stay 6 feet/2 meters away.
- Wear a mask with others present • Sleep alone

Stay in a Separate Area of Your Home

- Stay in a separate room and use separate bathroom
- Ask household members to leave necessities outside of your room

If You Don't Have a Separate Bathroom

- Clean the bathroom after you use it

Identify people not living in your home who can help you with:

- Friends, church members, volunteers, etc. not living with you can help with purchasing foods and picking up drugs/medicine from the pharmacy

If no one can help you with these tasks.

- Use delivery services if available (supermarket, pharmacy)

Practice Good Hygiene

- Wash your hands with soap and water for 20 seconds (sing the birthday song)
- Avoid touching your face

Stop the spread in your household:

- Disinfect areas/objects you touch
- Do not share plates, utensils, beds, blankets, drinking glasses, towels, etc.

Monitor your symptoms

- Take your temperature twice a day (morning and night)
- Be aware of any changes in your symptoms (fever, cough, loss of taste and smell, fatigue, headache, diarrhea, etc.)
- If you need medical attention, call your doctor and tell them you have been exposed to COVID-19

We WILL NOT ask for:
Social Security number,
banking information,
immigration status
or health insurance.

Contact Us If You Need Help:

The New River Health District Public Health Hotline
PHONE: (540) 267-8240

HOURS: Monday-Friday: 8:00am-8:00pm;
Saturday: 8:00 am-12pm; Sunday: 12:00pm-4:00pm