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.

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

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

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

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

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