

NCWorks Career Center COVID-19 Tips

Here are some simple, common-sense things that we all can do to promote good health and try to prevent the spread of the Coronavirus (COVID-19):

- Wash your hands frequently with soap and warm water for at least **20 seconds** at a time.
- Avoid **touching your eyes, nose and mouth** with unwashed hands.
- Avoid close contact with **people who are ill**.
- Cover your mouth and nose with a tissue when you cough or sneeze. (***Try to cough into your elbow***)
- Do not reuse a tissue after coughing, sneezing or blowing your nose.
- Clean and **disinfect surfaces** that are frequently touched (cell phones, desk phones, keyboards, remote controls, countertops, refrigerator and door handles, etc.).
- If you feel sick, **stay at home** and call your doctor or other health-care provider.
- Remember that **older adults** and people who have severe chronic medical conditions like **heart, lung or kidney disease** and those with **weakened immune systems** seem to be at higher risk for *more serious* COVID-19 illness.
- **If you feel well, don't wear masks**, or stockpile them. Masks should be worn by people who are sick to prevent the spread of infection.
- Maintain "**social distancing**" (commonly defined as staying approximately **six feet** away from other people) and avoid large crowds.
- Go to **reliable sources** of information, including the N.C. Department of Health & Human Services:
www.ncdhhs.gov/coronavirus