

DO YOUR PART. HELP SLOW THE SPREAD OF COVID-19.

We all play a role in slowing the spread of coronavirus in our community & *protecting our seniors*. Here's what you can do:

STAY AT HOME

- COVID-19 is everywhere in our community and all areas in Loudoun are at risk.
- Comply with Virginia's statewide Stay-at-Home Order.
- You can leave your home to see a doctor, go to work, provide care for people and animals, exercise at a safe distance from others, and pick up groceries and prescriptions or other essential household items.
- Do not gather in groups of 10 or more people.
- Do not use playgrounds or athletic courts.



MAINTAIN A SAFE PHYSICAL DISTANCE

- If you must go to a public place, maintain 6 feet between you and others at all times and wear a cloth face covering that covers your nose and mouth.



Stay 6
Feet Apart



Wear a Cloth
Face Covering

For more information, visit

loudoun.gov/coronavirus

PROTECT YOURSELF AND YOUR FAMILY

- Take precautions to protect seniors and those with underlying medical conditions, both in your home and the community.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer only if soap and water are not available.
- Avoid touching your eyes, nose and mouth.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid contact with sick people.



IF YOU ARE SICK

- If you develop a fever and symptoms such as cough or difficulty breathing, call your doctor or an urgent care center to discuss.
- Older adults and people of any age with serious underlying medical conditions may be at higher risk for more serious complications. Seek care early.
- Stay home and avoid contact with other people; use a separate bedroom and bathroom if possible.
- Monitor your health. Call 911 if you develop trouble breathing, pain or pressure in the chest, confusion or bluish lips or face.
- Do not leave home until fever-free for 72 hours, without medication, and at least 7 days have passed since symptoms first appeared.
- Inform everyone who has been within 6 feet for more than a few minutes while you were sick, including the 48 hours BEFORE you developed symptoms. Encourage them to stay home for 14 days.



COUGH



FEVER



TROUBLE
BREATHING