



Graham County Department of Public Health

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Beth Booth, Health Director

Working for a healthier and safer North Carolina.: Everywhere, Everyday, Everybody

In light of flu season and the emerging COVID-19 illness, North Carolina Department of Health and Human Services is recommending that **citizens follow these precautions to prevent the spread of illness,**

- Wash hand with soap and water for 20+ seconds each time
- Avoid touching your eyes, nose, and mouth
- Stay home from work or school if you are sick
- Avoid close contact with people who are ill
- Cover your mouth and nose with a tissue when you cough or sneeze
- Throw away tissues after coughing, sneezing or blowing your nose
- Clean and disinfect surfaces that are frequently touched

Who is at greater risk?

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

You can find updates on COVID-19 on the CDC website at cdc.gov/coronavirus and guidance from the North Carolina Division of Public Health at ncdhhs.gov/coronavirus.

People who have questions or concerns can call 866-462-3821 for more information. Press 1 for English or ask for a language interpreter. Spanish speakers should press 2. To submit questions online, go to ncpoisoncontrol.org and select Chat.