

COVID-19

Stay home to monitor symptoms and CALL your local health department, physician or emergency room BEFORE going in



Public Health
Prevent. Promote. Protect.

Macon County Health
Department

What is COVID-19?

COVID-19 is a strain of human coronavirus

Coronaviruses are a family of viruses that cause respiratory illness. There are 7 coronaviruses that can cause illness in humans. COVID-19 is a new strain in the coronavirus family that was recently discovered in China

COVID-19 can spread person to person or live on surfaces

Prevention

1. Wash your hands for at least 20 seconds with soap and warm running water
2. If soap and water are not available, use hand sanitizer with at least 60% alcohol
3. Cover your cough and sneeze
4. Avoid touching your eyes, nose and mouth
5. If you are sick, experiencing symptoms, or may have been exposed, stay home
6. Clean and disinfect frequently touched surfaces and objects

Could I have COVID-19?

If you are

- Experiencing symptoms

AND

- Have travelled to a destination with widespread outbreak

OR

- Have come into contact with someone who tested positive for COVID-19

Stay home to monitor symptoms and CALL your local health department, physician or emergency room BEFORE going in

Symptoms

Symptoms range from mild to moderate, but may include

- Fever (100.4° F or above)
- Cough
- Shortness of breath

Symptoms will appear 2-14 days after exposure

Social Distancing

Keep distance between yourself and others to help prevent the spread of COVID-19

- Stay home, if you can, especially when sick or experiencing symptoms
- Keep 6 feet between yourself and others

This helps prevent the spread of any virus, especially when someone may not know they are ill

For more information or questions, please contact the Macon County Health Department at 660-395-4711 and follow our Facebook page