COVID-19 VIRUS – SIMPLIFIED

• Limit travel outside of home
• Social Distance - 6 feet
• Wash hands often
• If you develop flu like symptoms go to “coronavirus.gov” to determine likelihood of contracting the COVID-19 Virus by going to the “self-checker”
• Quarantine 14 days if exposed to someone with symptoms
• Isolate if have symptoms until 72 hours after no symptoms without medication
• Call Littleton Regional Hospital if you have symptoms at their hot line 603-575-6400 before going to hospital or dialing 911
• If a significant life-threatening medical issue or trauma call 911
• If general questions about anything related to the crisis call 211
• Help others if you are capable
• Stay strong we will get through this
• If you need any assistance other than medical, call 603.494.1491, Allan Clark, Emergency Management Director