

## **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**