

KNOW THE SYMPTOMS:

CORONAVIRUS

- **Fever**
- **Dry cough**
- **Shortness of breath**
- **Fatigue**

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- **Fever**
- **Cough**
- **Runny nose**
- **Body aches**
- **Headache**
- **Sore throat**
- **Fatigue**

ALLERGIES

- **Itchy eyes**
- **Congestion**
- **Runny nose**
- **Sneezing**
- **Coughing**

WHAT IS... SOCIAL DISTANCING?



AVOID:

Social gatherings of 10 or more, sleepovers, crowded retail stores, malls, workouts at gyms, mass transit, visitors to your house, travel by cruise, being within 6 feet of others

USE CAUTION:

Getting takeout, grocery shopping, picking up medication, traveling, interacting with people 6+ feet away from you, using drive-thrus

SAFE TO DO:

Take a walk, yard work, clean your home, read a book, listen to music, family game night, go for a drive, group video chats, watching TV or a movie, take an online course

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Joint Information Center
HEALTH

PRECAUTIONS TO AVOID ILLNESS

- 1** Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- 2** Cover your coughs and sneezes with a tissue.
- 3** Avoid close contact with people who are sick.
- 4** Refrain from touching your eyes, nose and mouth.
- 5** Clean frequently touched surfaces and objects.
- 6** Individuals at higher risk for severe COVID-19 illness, such as older adults and people who have chronic medical conditions like heart, lung or kidney disease, should take actions to reduce your risk of exposure.
- 7** Create a family plan to prepare for COVID-19 and develop a stay at home kit with food, water, medication, and other necessary items.

