



# Help prevent COVID-19 and other viruses in our community



- Wash your hands frequently and disinfect surfaces regularly
- Cover your nose and mouth when you cough or sneeze
- Stay home and away from others if you are sick



If you don't feel well



If you experience fever, cough, shortness of breath or other cold & flu like symptoms, contact your healthcare provider. Tell them about your symptoms and any recent travel.

Before you go to a doctor's office or walk-in clinic, call ahead and tell them about your symptoms so appropriate steps can be taken to protect you and others.



**Harnett**  
C O U N T Y  
HEALTH DEPARTMENT

For more information:  
910-893-7550  
[www.harnett.org/health](http://www.harnett.org/health)