

Why should we keep track of the below items?

COVID-19 is more infectious than the flu. Documenting who you have contact with and where you go will be valuable information to help others if you become infected or yourself if you have had contact with a person that is infected.

Directions for use	
Date	Write the date of each day Ex: 03/30
Time	Write the time you were in specific public locations This includes how long you were in grocery stores or other areas with people. Ex: 3-4 pm, 1 hr
General Location	Write the location if a public area. This includes parks, grocery stores, fast food drive thrus, or other areas you may have come into contact with strangers
Names of people in contact with:	Write down the names of people you know that were within 6 feet of you

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COVID-19 Helpful Facts

Prevent the Spread!



WASH
your hands well
and often



COVER
your mouth and
nose with a tissue
or sleeve when
coughing and
sneezing



AVOID
touching eyes,
nose, or mouth
with unwashed
hands



CLEAN
and disinfect
frequently touched
objects and
surfaces

<http://www.ncpa.co/pdf/Coronavirus-Protect-Yourself.pdf>

Symptoms of COVID-19

- Fever
- Cough
- Shortness of breath

If you have any of these symptoms, stay at home. Call your doctor or 911 right away.

If you test positive, contact all people you have interacted with within the last 14 days.

Other information at:
www.cdc.gov/coronavirus

CDC Helpline
1-800-232-4636



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