

Help Prevent the Spread of COVID-19

About the Virus

Educate yourself about Coronavirus. One of the greatest weapons we can wield against COVID-19 is an educated populous.

According to the CDC, COVID-19 can be contracted:

- Between people who are in close contact with one another (within about 6 feet)
- Via respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

Symptoms of Coronavirus

- Fever (100.4° F [37.8° C] or greater using an oral thermometer)
- Cough
- Shortness of breath

Monitor Your Condition

- Everyone should monitor their own condition. If you notice symptoms consistent with a COVID-19 infection in yourself and/or an immediate family member(s) exceptional precautions should be taken to ensure others are not infected. For clarification, if you **believe** you may have been exposed to or have been infected, due to your own symptoms or those of someone you are in close contact with, *please do not enter the office to conduct business*. Call the District at 706-937-4121 and someone will assist you over the phone.

People who think they may have been exposed to COVID-19 should contact their healthcare provider immediately.