What can I do to help protect myself and others from the Coronavirus?
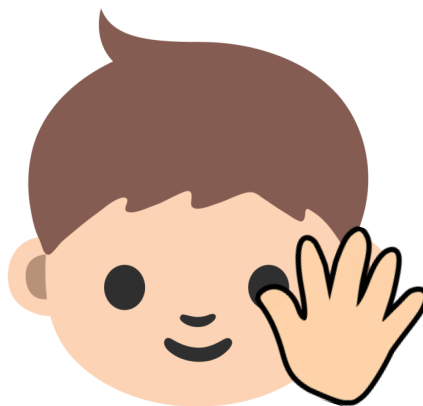

Stay at Home

Staying in our homes and avoiding contact with other people is the best way to slow the spread of this illness.
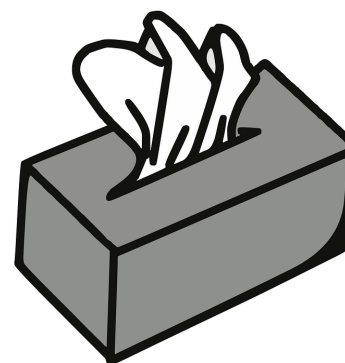
Wash Hands

Washing our hands frequently with soap and water can help eliminate the germs we spread to the people and things around us.

Don't Touch Face

Avoiding touching our eyes, nose, and mouth can stop germs from entering our bodies and making us sick.

Cover Nose & Mouth

Covering our mouths and noses when we cough or sneeze can stop germs from landing on surfaces or other people around us, reducing the spread of illness.

Clean & Disinfect

Cleaning and disinfecting frequently touched objects and surfaces can keep our areas free of illness.

This is another weekly message from the North Central District Health Department.

NCDHD
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Health Department