# COVID-19
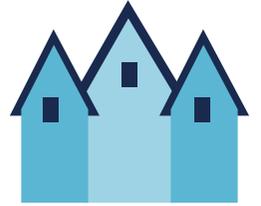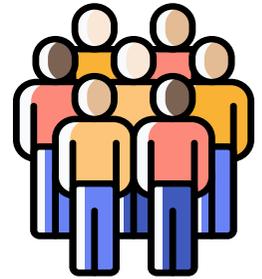
# SELF-MONITORING & SOCIAL DISTANCING

Take your **temperature twice daily**, monitor for signs of fever

**Stay home**, avoid contact with others {including at work or school}

**Do not take public transportation** taxis, or ride-shares

**Avoid crowded places** & limit public social contact

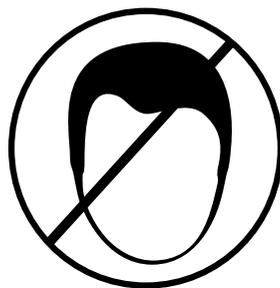Maintain a distance of at least **6 feet** from others

If you have a **fever of 100.4°F**, **cough**, **or trouble breathing**: If this is a life threatening emergency, **call 911**. Call your doctor's office **BEFORE** seeking care and explain your symptoms and that you are self-monitoring.

## PRACTICE SIMPLE PRECAUTIONS

**WASH YOUR HANDS OFTEN**

**DON'T TOUCH YOUR FACE**

**AVOID THOSE THAT ARE SICK**

**Genesee County Health Department**
Your Health. Our Work.

f @GeneseeCountyHealthDepartment

**For more information**
visit our website at
www.gchd.us/coronavirus
and follow us on Facebook!

Last updated: 03/16/2020