Public Health Guidance: Coronavirus (COVID-19)

Henderson County Health Department recommends everyone take the following precautions to protect themselves from the spread of all respiratory illness, including Flu and COVID-19:

- Stay home if you are sick.
- Avoid contact with persons that you know are sick.
- Wash your hands often with soap and water for at least 20 seconds.
- If you do not have access to soap and water use hand sanitizer that is at least 60% alcohol.
- Cough or sneeze into your elbow – or into a tissue that you immediately throw away.
- Regularly clean frequently touched surfaces with household cleaners.

Routine use of these measures by everyone will decrease the spread of viruses and respiratory diseases in our community.

Masks worn by healthy people do not help reduce the spread of COVID-19.

If you have symptoms like cough, fever, or other respiratory problems:

- Call your healthcare provider. Isolate yourself and wear a mask, if available, before leaving the house. (Note: the Health Department does not have masks to provide.)
- Do not go to the emergency room. Emergency rooms need to be able to serve those with the most critical needs.
- If you are having a medical emergency, call 9-1-1.

For additional questions, call the North Carolina Coronavirus Hotline at 1-866-462-3821, which is staffed by nurses and pharmacists 24 hours a day/7 days a week, or visit the Center for Disease Control’s website for information and frequent updates at www.cdc.gov/coronavirus.