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FOR IMMEDIATE RELEASE

Three Critical Steps to Slow Spread of COVID-19

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There are critical steps that you, the public, can take to slow the spread of COVID-19. While these steps may not be easy ones to take, they are imperative to slow the spread of this virus.

1. **STAY HOME.** Limit contact with others by only going out for food, medicines, to exercise, or to take care of essential concerns. Staying home is the best way to limit your exposure and thus, your family's exposure. The #StayHome movement is one that we should all belong to during this time.
2. **STAY UPDATED.** Get reliable information and facts from websites like www.ncdhhs.gov/coronavirus and www.cdc.gov. Pay very close attention to your public health leaders at your local, state and national levels. Consult your health care providers for information specific to your health. Additionally, North Carolina has established a coronavirus information hotline number at 1-866-462-3821.
3. **STAY ISOLATED.** Do not pursue COVID-19 testing if you have a mild illness. If you're not sick enough to need medical care, a positive COVID-19 test will not change what you should do. If you have a fever and signs of respiratory illness, including a cough, you should stay home for at least 7 days after the first sign of being ill. You should not leave isolation until you have no fever for at least 3 days and until your other symptoms are much improved. The people that you live with, should also stay home and monitor for signs of illness. Testing is important only for those who are **severely** ill.

Following these important steps will help ease the burden on the important, life-saving medical supplies as well as help to limit the burden on the healthcare system. Our first responders, health care workers and public health workforce must stay well in order to care for those who become seriously ill. We are all in this together. #HendoStrong

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