

When you leave your home, keep 6 feet away from others



No Large Gatherings
No Family Parties



Kids and teens should not hang out in groups or play group sports

Wash Your Hands Often



Use soap and water,
wash for **20 seconds**

Limit Your Outings



Food, medicine,
household needs

Wear a Mask in Public



Use a mask, scarf,
or bandana

Do Not Touch Your Face



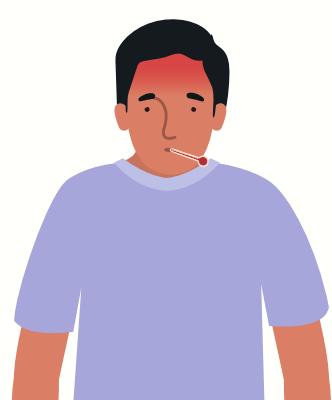
Avoid touching: eyes,
nose, mouth, and mask

Clean and Then Disinfect



Your house and items often

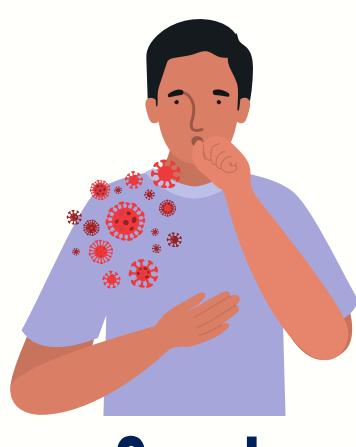
COVID-19 Symptoms



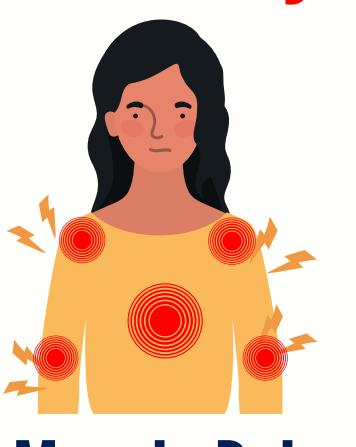
Fever



Trouble Breathing



Cough



Muscle Pain



Headache



Chills



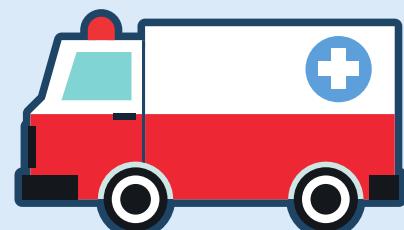
New Loss of Taste or Smell

If you have serious symptoms: **CALL 911**

- Severe chest pain or pressure
- Bluish lips or face
- New confusion
- Unable to wake up or be fully alert

If you feel sick...

- Stay home
- Tell your family, friends, coworkers you are sick
- If possible, separate yourself from others in your house
- Wear mask at home



If you feel worse, call a doctor or call 911

If you do not have a doctor, call the Chester County Health Department

610-344-6225 # 4 Open Monday- Saturday 8:30AM to 4:30PM

Stay home until you are better



3 days, NO fever,
without medicine



Symptoms are better



10 days since you started feeling sick