**COVID-19 Tips**

**Prevention and Preparedness**

**Wash Your Hands**
Wash your hands frequently with soap and water or use hand sanitizer.

**Immune System Support**
1000 mg of Vitamin C and 220 mg of Zinc Sulfate daily has been recommended by RMC's Dr. Magadia.

**Social Distance**
Distance yourself from others in public. If you become positive, distance yourself from family at home.

**Testing**
Know where you will get tested if you believe you have been exposed or start developing symptoms.

**Supplies**
Have a plan ready to get supplies brought to you if you have to self-isolate.

**Isolate in the Home**
If positive, it is important to isolate yourself from other family members and refrain from sharing household items.

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Get the latest COVID-19 updates within Calhoun County by texting CALCOVID to 888-777 or visiting www.calhounema.org

Calhoun County EMA: (256) 435-0540
RMC COVID-19 Hotline: (256) 235-5600