

• COVID-19 TIPS •

PREVENTION AND PREPAREDNESS



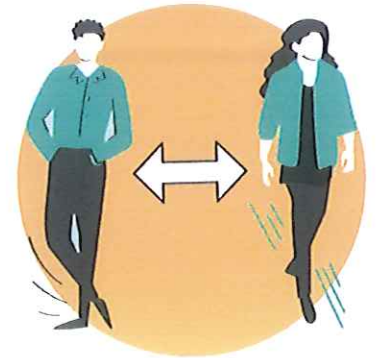
WASH YOUR HANDS

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.

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

