



#CommunityOverCoronavirus
#ENCStayHome

Community Over Coronavirus.

There's a lot of misinformation spreading around these days. Which is why we are coming together as a community to connect you to the things you need while you stay at home.

COVID-19 Community Website: ENCStayHome.com/covid
COVID-19 Helpline: **252-847-8000**

What Are COVID-19 Symptoms?

Everyone's experience is different. Key COVID-19 symptoms can include:

- Fever
- Shortness of breath
- Cough
- Change in smell or taste

Why Should I Stay Home?

The best thing you can do to protect yourself and your community from COVID-19 is to stay home. Staying home helps to stop the spread of the virus. If you do need to leave your home, stay 6 feet apart from others, avoid all large groups or gatherings, and wash your hands often.

Am I At Higher Risk?

You are at higher risk for COVID-19 if you fall into any of these categories:

- Older than 65
- Overweight
- Diabetic
- Have high blood pressure
- Have heart, kidney, or liver disease
- Have asthma or COPD
- Are HIV+
- Have had cancer