

Media Release

For Immediate Release

08/24/2020

Rowan County Case Information:
<https://bit.ly/rowan-covid19-hub>

COVID-19 information contacts

Website: www.rowancountync.gov/covid-19

Email: covid-19@rowancountync.gov

Phone: 980-432-1800

COVID and the 3C's

For the past couple of months, you have probably become very well aware of the **3W's...WEAR** (a cloth face covering), **WASH** (your hands often), and **WAIT** (at least 6 feet apart). The **3W's** have been an easy way for you and your family to remember what you need to do to help stop the spread of COVID-19. In addition to the **3W's**, there are now the **3C's** that will help you remember that there are certain places where COVID-19 spreads more easily.

The first "C" — **C**rowded Places where many people are nearby or in close proximity to each other

The second "C" — **C**lose-contact Settings where people have close-range conversations

The third "C" — **C**onfined and enclosed spaces with poor ventilation.

The risk of contracting COVID- 19 is even higher in places where all three of these factors overlap. Please see the illustration below.



In addition to practicing the **3W's** and **3C's**, it is also suggested that you do the following things:

- Regularly clean items with disinfectant that may be used by multiple people
- When possible, open windows and doors for better ventilation
- Keep your hands clean and always cover your coughs and sneezes
- Wear your face mask so that it covers BOTH your nose and your mouth
- If you are not well, stay home unless you need urgent medical care

Remember the 3 Ws: WEAR (cloth face covering), WAIT (6 feet apart) & WASH (your hands often)!



Remember that we are all in this together and one of the key measures against coronavirus is to prevent the occurrence of clusters, so do your part and **AVOID** the **3C's!**

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