

Media Release

For Immediate Release

November 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

Take Action to Prevent the Spread of COVID-19

COVID-19 remains a serious concern for our community. Take the following steps to protect yourself, your loved ones, and your community.

The **3W's**:

- **WEAR** (a cloth face covering over your mouth and nose anytime you exit your home)
- **WASH** (your hands often or use hand sanitizer when soap and water are not accessible)
- **WAIT** (at least 6 feet apart from anyone outside your immediate family)

Avoid the **3C's**:

- **Crowded places** (where many people are nearby or in close proximity to each other)
- **Close-contact settings** (where people have close-range conversations)
- **Confined and enclosed spaces** (with poor ventilation)

As a reminder, 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** every day, you should continue to practice the following things as well:

- Clean items with disinfectant that may be used by multiple people
- When possible, open windows and doors for better ventilation

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



- 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 feeling well, stay home unless you need urgent medical care

Remember we will never get ahead of this pandemic if **everyone** does not do their part to stop the transmission of this virus. Be a responsible citizen by practicing the 3Ws and avoiding the 3Cs!

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