

# Preparing for the spread of COVID-19

## How do I prepare?

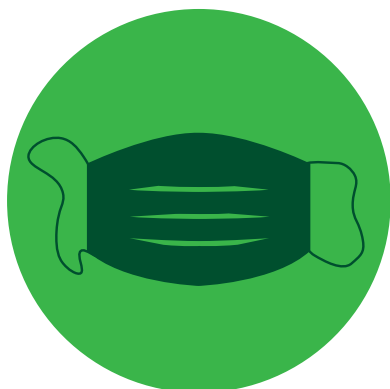
**PLAN AHEAD**



Use Delivery or Curbside Pickup Services



Keep Well-baby Checkups



Always Bring Extra Masks



Get Your Flu Shot.



Make Telemedicine Appointments

## Know the symptoms of COVID-19



Fever



Cough



Shortness of Breath



New loss of taste and/or smell

Other symptoms of COVID-19 may include: fatigue, muscle aches, headache, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. <https://scdhec.gov/covid19/symptoms-covid-19>

## Take everyday precautions



Wash your hands



Don't touch your face



Avoid sick people



Wear a face mask