This guidance is based on recommendations from CDC and NCDHHS in Phase 1 of North Carolina’s plan to ease restrictions, effective May 8, 2020. For more information, contact Transylvania Public Health at 828-884-3135 or info@transylvaniahealth.org

Staying apart brings us together. Protect your family and neighbors.

Know Your Ws

**WEAR**

a cloth face covering.

**WAIT**

6 feet apart. avoid close contact.

**WASH**

your hands often or use hand sanitizer.

STOP!

Do not enter if you have these symptoms of COVID-19:

- Cough
- Shortness of breath
- Fever
- Chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell