



PRINCE WILLIAM COUNTY

Older adults, 65 years and older, are at a higher risk for severe illness with COVID-19.

Keep Yourself Safe:

- Stay at home.
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.
- Clean and disinfect frequently touched objects or surfaces.
- Avoid non-essential travel and public gatherings.
- Call your healthcare provider if you have concerns about COVID-19 and your underlying condition or if you are sick.
- If you are sick and have one or more of these symptoms, call your doctor right away:
 - Fever
 - Cough
 - Shortness of Breath

Keep Healthy:

- Fear and anxiety about the pandemic can be overwhelming. Things you can do:
 - Take breaks from the news stories and social media. Focus on something other than the pandemic.
 - Take care of your body. Try to eat healthy, exercise regularly, get plenty of sleep and avoid alcohol and drugs. Take deep breaths, stretch or meditate.
 - Make time to unwind and do some other activities you enjoy.
 - Connect with others. Talk with people you trust about your concerns and how you feel.
 - Call your doctor if anxiety gets in the way of your daily activities for several days in a row.
 - If you are feeling overwhelmed with emotions like sadness, depression or anxiety, or feel like you want to harm yourself or others, call 9-1-1 or 1-800-846-8517.

Keep Informed:

- COVID-19 Health District Call Center (Open every day, 9 a.m. to 5 p.m.): **703-872-7759**
- Information about the county's response to COVID-19: www.pwccgov.org/COVID19
- Sign up to receive text alerts from Prince William County regarding COVID-19
 - **Text COVIDPWC to 888777** for messages in English
 - **Text COVIDPWCES to 888777** for messages in Spanish
- Information Line for county operations (Monday-Friday, 8 a.m. to 5 p.m.): **703-794-4660**
- Area Agency on Aging: **703-792-6374**, www.pwccgov.org/aging
- Centers for Disease Control and Prevention: www.cdc.gov/coronavirus