We are a community!

If you have a fever over 100.4 degrees, are coughing or sneezing, and have shortness of breath, you may have a virus that may be flu or covid 19 or some other illness that is communicable.

**IF YOU ARE ILL, AVOID PUBLIC PLACES LIKE STORES, RESTAURANTS AND MEETING PLACES.**

**USE COMMON SENSE!**

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NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc.
Use ONLY your knuckle to touch light switches, elevator buttons, etc.
Open doors with your closed fist or hip.
Use disinfectant wipes at the stores if available.
Wipe handle and child seat in grocery carts.
Wash your hands with soap for 10-20 seconds or use a hand sanitizer whenever you return home.
Keep a bottle of sanitizer available at each of your home's entrances.
Keep sanitizer in your car.
If possible, cough or sneeze into a disposable tissue and discard.

Want more information about symptoms and testing? Call NHHS at 603-271-4496 (271-5300 after hours)