

CORONAVIRUS

PREPARE. DON'T PANIC.



WE'RE IN THIS TOGETHER

Help prevent the spread of respiratory diseases like COVID-19

People who think they may have been exposed should contact their healthcare provider immediately.

The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, the CDC always recommends everyday preventive actions to help stop the spread of respiratory diseases.



FEVER



COUGHING



SHORTNESS OF BREATH



AVOID

close contact with people who are sick



WASH

your hands often with soap and water for at least 20 seconds



CLEAN

and disinfect frequently touched objects and surfaces



COVER

your cough with a tissue, throw it away, and wash your hands



AVOID

touching your eyes, nose, and mouth



STAY

home when you are feeling sick

Contact Us
Educational Opportunity Centers
Academic Institute of Central
Carolina

7506 E. Independence Blvd., Suite 127
Charlotte NC, 28227
(704) 536-9745
eoc@academicinstitute.education



Community Resources

Mecklenburg County

Covid-19 Hotline
(980) 314-9400

Gaston County

Covid-19 Hotline
1-866-462-3821

Union County

Covid-19 Hotline
(704) 292-2550

NC CORONAVIRUS HOTLINE

1-866-462-3821

24/7 Mental Health Resources

The Hope4NC Helpline Coping Support: 1-855-587-3463

The Hope4Healers Helpline: (919) 226-2002
Resilience support for frontline workers

Promise Resource Network: 1-833-390-7728
Cope with emotional distress. Non-crisis peer support

Mobile Crisis Team: (704) 566-3410
Experiencing a mental health crisis

For More Information Visit: www.NCDHHS.GOV