

¡Vive con Cuidado!

Aprende sobre cuidado

Learn how to keep yourself and our community safe

Habla sobrecuidado: Speak safety

Tell others: share this information with family and friends

Vive con Cuidado

Follow the guidance provided to keep you, your family and our community safe and healthy.

Stay close to home.

Limit all your non-essential travels.

You can go out for food, medicines or other essentials: for work, to facilitate child custody, visitation, or child care.



How can I get help with food, diapers, medicine, or other things I need?

Call Loudoun County Information and Referral line at **703-777-0420** Monday – Friday, 8:30 a.m. to 5:00 p.m.

Watch for symptoms.

COVID-19 symptoms include fever, cough, difficulty breathing, and fatigue.



Practice social distancing.

If you need to go out, maintain at least 2 meters (6 feet) distance from others.

Because we don't know if someone is sick, by maintaining this physical distance in all our interactions, we will lower the risk.



Don't infect other people

- Wear a cloth face covering in public when it's difficult to stay six feet apart from others.
- Cover your cough and sneezes.
- Stay home if you're sick.

Wash your hands.

Wash your hands often with soap and water for 20 seconds.



What if I'm sick?

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others. If possible, have a designated toilet and bathroom as well.



Check your temperature at least two times a day.



Get medical help if you need it

If you do not have access to a healthcare provider, contact the INOVA Loudoun Patient Access Center at **855-464-3627**.

If you do not have insurance, contact SimplicityHealth in Sterling at **571-665-6500**.



Find information on how to get insurance through Cover Virginia at **cubrevirginia.org**

Don't go to the emergency room unless it is an emergency, for example, you are having difficulty breathing.