

Feeling Sick? Stay Home and Enjoy these Library Resources

If you or anyone in your family are not feeling well, we encourage you to stay home and enjoy our Online Resources instead. Alamance County Public Libraries has extensive resources to keep you and your family entertained.

NC DHHS recommends that people at high risk of severe illness from COVID-19 should avoid large groups of people as much as possible. This includes gatherings such as concert venues, conventions, church services, sporting events, and crowded social events. People at high risk should also avoid cruise travel and non-essential air travel. Check the current high risk population information [here](#).

In addition to normal vaccinations such as the flu shot, follow these recommendations to protect yourself from illnesses:

- Wash hands frequently with soap and water for at least 20 seconds at a time.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are ill.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Do not reuse tissue after coughing, sneezing or blowing your nose.
- Clean and disinfect surfaces that are frequently touched.

While we're taking every measure to keep the Library clean and sanitized, the best way to avoid spreading germs is to stay home when you're sick.

Here's a list of [resources accessible from home](#). See you when you feel better!

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