

COVID-19 Tips for Staying Safe

Report Symptoms



Let staff know how you feel.

Some symptoms include fever, cough, shortness of breath, pressure in chest, and confusion.

Wash Your Hands



Don't forget the soap! Wash your hands with soap and water for at least 20 seconds.

Stress and Coping



Take care of your body. Continue taking your prescribed medication, eat healthy, drink enough water and get plenty of sleep.

Personal Hygiene



Don't spread germs. Cover your mouth

and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Social Distancing



Keep a personal radius. Stay at least six feet or more away from other people.

Limit Outings



Consider others. When you are out and about, you could pick up germs that could make you and others sick.

Tip

After coming into contact with frequently touched surfaces, such as doorknobs and tables, make sure to wash your hands before touching your eyes, nose or mouth.

**COVID-19
Call Center
1-844-568-0701**

If you need emergency medical attention, call 911 and tell them you are having COVID-19-like symptoms.

