

COVID - 19

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SIGNS & SYMPTOMS:



COUGH



SNEEZING



DIFFICULTY BREATHING



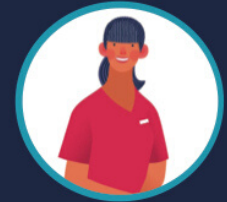
HEADACHE



FEVER

PROPER PROCEDURES TO FOLLOW:

- If you suspect you or someone in your close contacts has a COVID - 19 infection, CALL ahead before seeking care.
- Call your family physician and explain your concern. This ensures that the clinic is prepared to test you, if needed, keep the clinic's staff, and other visitors safe.
- Don't have a family doctor? Call 8-1-1. Nurses at 8-1-1 can assess your risk and provide the proper instructions.



PREVENTING THE SPREAD:



Wash your hands thoroughly and as often as possible with soap and water.



Use hand sanitizer that contains at least 60% alcohol after touching surfaces.



Cover your mouth and nose while you are coughing or sneezing.



Disinfect surfaces, buttons, handles, knobs, and other places.



Create distance between yourself and others (at least 6 feet) if COVID-19 is spreading in your community.