



SELF CARE WHEN YOU'RE SICK

10 STEPS TO COMBAT VIRUSES

1. Stay Home Except To Get Medical Care
2. Monitor Your Symptoms
3. Get Rest & Stay Hydrated
4. Cover Your Cough & Sneezes
5. Wash Your Hands Often
6. Make An Appointment With A Healthcare Provider
7. Notify The Doctor Of Your Symptoms
8. Keep Your Distance From Other People
9. Avoid Sharing Personal Items
10. Disinfect Surfaces Using Household Cleaners

Be prepared by having a COVID-19 plan. This includes having a mask and test on hand, and understanding your risk. If you get COVID-19, you are subject to complications due to pre-existing conditions.



SCAN QR CODE
TO LEARN MORE
OR CALL (907) 822-5241