

Formerly Citrus Valley Health Partners

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

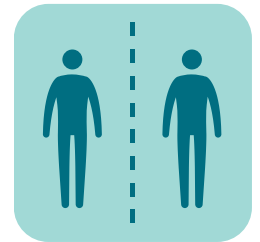


Stay home when you are sick.



If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Limit close contact with people who are sick.



Clean and disinfect frequently touched objects and surfaces.



Use facemasks only if you are sick or have been instructed to do so by your health care provider.



Avoid touching your eyes, nose and mouth.

If you have the symptoms of the coronavirus, contact your doctor or healthcare provider by phone or email for further instruction before visiting the hospital or clinic.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).



Get a flu shot to prevent influenza if you have not done so this season.