

BE IN THE KNOW

STOP THE SPREAD OF
CORONAVIRUS (COVID-19)



KNOW THE SYMPTOMS



Fever (100.4° or higher)

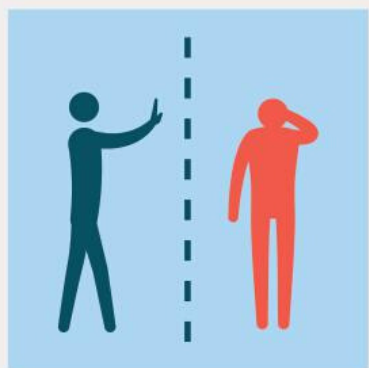


Cough



Difficulty breathing

KNOW HOW TO PROTECT YOURSELF



Avoid people who are sick



Avoid touching your face



Stay home if you are sick



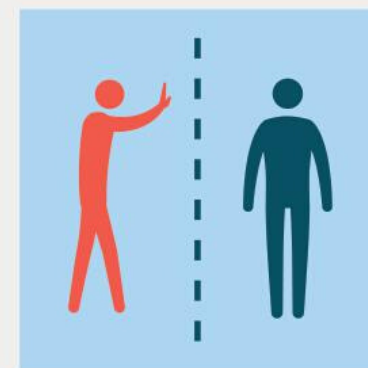
Cover your cough or sneeze with a tissue



Clean surfaces with disinfectant frequently



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



Practice social distancing keeping 6 feet between people



Avoid handshakes, hugs, large gatherings

KNOW WHEN TO SEEK TREATMENT



CALL FIRST

And we'll make the call.
608-723-2131

If you have COVID-19 symptoms **CALL FIRST** before going to the hospital or doctors office.

Healthcare providers will evaluate your symptoms and explain your best course of action.



GRANT REGIONAL
HEALTH CENTER

For updates on COVID-19 and what you can do to protect yourself, visit the
www.grantregional.com or www..cdc.gov