

Concerns about COVID-19?

Do these things to prevent any kind of respiratory illness



Wash your hands often.



Cover your coughs & sneezes.



Call ahead before visiting your doctor.



Stay home when sick.

If you have severe symptoms that need medical attention, call the clinic before going in.



Clean all "high-touch" surfaces daily.

If you are sick:

- If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first. **Do not go to the emergency room.** Emergency rooms need to be able to serve those with the most critical needs.
- If you have traveled, make sure to tell your doctor about it.
- Healthcare providers are working with local public health departments and CDC to determine who needs to be tested for COVID-19.

(www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html)

For more information:

The Washington State Department of Health has established a call center to address questions from the public. If you have questions about what is happening in Washington, how the virus is spread, and what to do if you have symptoms, please call 1-800-525-0127 and press #.

(www.doh.wa.gov/emergencies/coronavirus)

