

DO YOU HAVE FLU-LIKE SYMPTOMS?

FEVER

&

Coughing **OR** Body Aches **OR** Shortness of Breath

YES

NO

Have you been directly exposed (within 6 feet, or coughed on) to a confirmed case of COVID-19?

OR

Have you recently been to an area with confirmed cases of COVID-19?

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YES

NO

YES

NO

CALL your doctor **BEFORE** going to a clinic or hospital for testing.

CALL 2-1-1 for further instructions and/or guidance.

Testing **NOT** needed. Stay home when possible and practice social distancing.

ONLY go to the emergency room if you are experiencing a health emergency and if you have **CALL AHEAD**.

DO NOT go to the emergency room for COVID-19 testing or treatment of flu-like symptoms.

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Self-isolation, for a period of 14 days, should include isolation from individuals in the household who are not at-risk for the virus.

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Practice heightened hygiene standards.

WASH YOUR HANDS regularly and always after public exposure or contact. 20 seconds of handwashing (sing happy birthday twice) is required for effective cleansing of COVID-19. If soap and water is unavailable, hand sanitizer with a minimum 60% alcohol content is the next best thing.

PRACTICE SOCIAL DISTANCING. Keep your distance from others, avoid shaking hands, and take care to avoid public surfaces and objects, such as in public bathrooms



AVOID LARGE GATHERINGS where possible. Gatherings of over 10 people especially should be reconsidered while the spread of the virus is being assessed.

3/2020