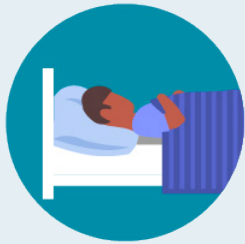


COVID-19 Advisory

What to do if you feel sick?

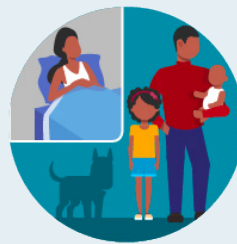


Steps to help prevent the spread of COVID-19 if you are sick



Stay home except to get medical care

- Do not visit public areas
- Keep in contact with your doctor
- Avoid public transportation



Home isolation

- Separate from others in your home
- If possible, establish a "sick" room and use your own bathroom
- Limit contact with pets and animals



Call ahead before visiting your doctor

- If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19



Where a facemask if:

- You are sick
- If you are caring for others that might have COVID-19



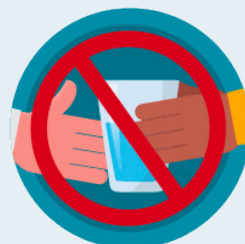
Cover your coughs and sneezes

- Cover your mouth with a tissue when you sneeze or cough
- Throw used tissues in a lined trash
- Wash your hands immediately after with soap/water for at least 20 sec.



Wash your hands often

- Wash with soap/water for at least 20 seconds
- Use hand sanitizer that is at least 60% alcohol
- Avoid touching your face



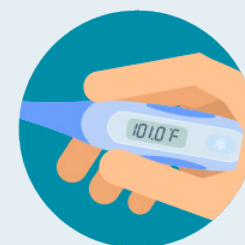
Avoid sharing personal items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding
- Wash items thoroughly after use



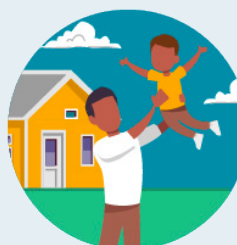
Clean "high touch" surfaces daily

- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.



Monitor your symptoms

- Seek medical attention if your condition worsens
- Follow care instructions from your healthcare provider and local health department



How to discontinue home isolation

- People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions
- No fever for at least 72 hours
 - Other symptoms have improved
 - AND at least 7 days have passed since your symptoms first appeared