

Coronavirus Information and Advice

Prevention Tips

1



frequently **cleanse hands** with soap and water or an alcohol-based hand sanitizer

2



cough or sneeze in a tissue and bin it

3



if tissue is not available cough/sneeze into your elbow not your hands

4



avoid close contact with people suffering from fever or cough

5



avoid travel if you have a fever, cough, or flu-like symptoms

6



avoid wearing a surgical mask unless advised by a medical professional

Symptoms

- Coughing
- Fever
- Shortness of Breath

What Steps Should You Take?

Going to the hospital without calling ahead could expose more people to the virus. As most symptoms are mild please call the HSA hotline for advice if you should come to the hospital or if you should self-isolate in the comfort of your home.

Call the 'Flu Hotline' on **1-800-534-8600** or **345-947-3077** if you have any medical questions. Alternatively, you can email your questions to **flu@hsa.ky** if:

- in the last 14 days you've been to a country or area with a high risk of coronavirus
- you've been in close contact with someone with coronavirus
- you think you might have coronavirus

For the latest updates and information, please visit [HSA.ky/public-health/coronavirus](https://hsa.ky/public-health/coronavirus) or gov.ky/coronavirus. For general questions and answers call the NEOC Hotline (non-medical questions) on **1-800-534-6555**.

Coronavirus Information and Advice for Vulnerable People

Prevention Tips

- **frequently cleanse hands** with soap and water or an alcohol-based hand sanitiser
- **cough or sneeze** in a tissue and bin it
- **if tissue is not available** cough/sneeze into your elbow not hands
- **avoid close contact** with people suffering from fever or cough
- **avoid travel** if you have a fever, cough, or flu-like symptoms
- **avoid wearing a surgical mask** unless advised by a medical professional

Extra Steps You Can Take To Avoid Covid-19

If you have a **chronic illness** (e.g. respiratory disease, diabetes, heart disease, COPD, hypertension or cancer), are **elderly** (over 60) or have a **compromised immune system**, you can further protect yourself with the below extra precautionary steps in addition to the prevention tips above.



Most importantly, remember **you are supported**.

Symptoms

- Coughing • Fever • Shortness of Breath

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