**CareSignal™**

# COVID
# Companion

**Baxter Regional Medical Center is offering a free tool for patients and anyone in the Baxter Regional Medical Center community. The tool offers guidance about COVID-19 using key recommendations from the U.S. Centers of Disease Control (CDC).**

- Designed to be used for anyone– healthy or sick.

- Sends educational tips for preventing or addressing COVID-19.

- Easily connects you to public health resources in your state.

- Available to share with your family, friends, and community.

- No download or login to use.

- No internet or computer required.

- More information available at
  caresignal.health/covid/baxter-regional

Standard message or data rates may apply. This program will not send data to your doctor. It is not a replacement for medical care or emergency services. If you are sick and are starting to feel worse or short of breath, seek professional medical attention. In case of an emergency, call 911.

Tissue photo by Kelly Sikkema for Unsplash · 2OM4-BAXTER-12V5S

**Get COVID Companion Now**

Text **BAXTER** to **67634** or scan this QR code with your camera app.

**67634**

Text Message
Saturday 4:18pm

BAXTER

Get CDC tips including:

- Wearing masks
- Social distancing
- Hand hygiene
- Home quarantine
- Community resources
- Self-isolation
- Covering coughs
- Worsening illness
- Cleaning and disin-fecting
- Monitoring symptoms
- Mental health
- Planning ahead