

What can you do to help limit the spread of COVID-19?

- **CALL AHEAD AND DO NOT GO TO THE EMERGENCY ROOM UNLESS SERIOUSLY ILL.** EMERGENCY ROOMS NEED TO BE ABLE TO SERVE THOSE WITH THE MOST CRITICAL NEEDS. IF YOU HAVE SYMPTOMS LIKE COUGH, FEVER, OR OTHER RESPIRATORY PROBLEMS, CONTACT YOUR REGULAR DOCTOR FIRST.
- **STAY HOME WHEN SICK AND LIMIT CLOSE CONTACT WITH OTHERS IN YOUR HOUSEHOLD WHO ARE NOT SICK.**
- **EVEN IF YOU ARE NOT ILL, AVOID VISITING HOSPITALS, LONG TERM CARE FACILITIES OR NURSING HOMES TO THE EXTENT POSSIBLE.** IF YOU DO NEED TO VISIT ONE OF THESE FACILITIES LIMIT YOUR TIME THERE AND KEEP 6 FEET AWAY FROM PATIENTS.
- **PRACTICE EXCELLENT PERSONAL HYGIENE HABITS,** INCLUDING HAND WASHING WITH SOAP AND WARM WATER, COUGHING INTO TISSUE OR ELBOW, AVOID TOUCHING EYES, NOSE, OR MOUTH WITH UNWASHED HANDS.
- **STAY AWAY FROM PEOPLE WHO ARE ILL,** ESPECIALLY IF YOU ARE 60 AND OLDER OR HAVE UNDERLYING HEALTH CONDITIONS SUCH AS DIABETES, HEART DISEASE, LUNG DISEASE, OR A WEAKENED IMMUNE SYSTEM.
- **LIMIT YOUR INTERACTIONS AND PRACTICE SOCIAL DISTANCING.** WORK WITH YOUR FAMILY, WORKPLACE, SCHOOL AND THE REST OF THE COMMUNITY TO LIMIT YOUR ACTIVITIES IN THE UPCOMING WEEKS.
- **STAY INFORMED.** INFORMATION IS CHANGING FREQUENTLY. FOLLOW YAKIMA HEALTH DISTRICT ON FACEBOOK AND TWITTER AND CHECK OUR WEBSITE REGULARLY FOR UPDATES.



For More Information Visit:
www.yakimacounty.us/COVID-19

