

Fight COVID-19

Do your part to ensure the safety of our friends, neighbors, your loved ones and yourself as we respond together to COVID-19.



HELP SLOW THE SPREAD.

Limiting contact with others now ensures we have resources when we need them. Slowing the spread saves hospital beds, staffing and medical supplies for the most critical patients. Wear a hand-made fabric mask or facial covering when you cannot maintain social distancing. Keep 6 feet of space between yourself and others and avoid gatherings to limit exposure. Remember, you may be infected with the virus even if you feel well.



PRACTICE THE 3 C'S.

Good personal hygiene is one of the best ways to stay healthy. It's as simple as following the 3 C's.

COVER nose and mouth with a hand-made fabric mask or facial covering anytime you are in public to protect yourself and others. Cover your cough using your elbow or a tissue. Remember to throw tissues away immediately.
CLEAN your hands frequently, washing for 20 seconds with soap and warm water. Regularly disinfect frequently touched surfaces and items.

CONTAIN the virus by staying home if you feel sick. Testing facilities REQUIRE a doctor's order. Use the WellSpan **online** assessment tool or **call** your doctor to determine whether you need to be tested.



KNOW WHEN TO SEEK CARE.

If you have mild symptoms or believe you've been exposed, stay home. If you feel worse or have a fever with cough or shortness of breath, **call** your primary care provider or take the WellSpan **online** assessment tool at **WellSpan.org/coronavirus**. If you don't have a primary care provider, you can call WellSpan's Coronavirus Information Hotline at **(855) 851-3641** free of charge.

[WellSpan.org/coronavirus](https://www.wellspan.org/coronavirus)

