

## COVID-19 (coronavirus)

# How we are preparing and what you can do

### Pay attention, stay calm

With so much information flying around it can be hard to know what to believe and what to do. That's normal, and it's ok. But, know that in all of this, we want you to have peace of mind.

Our team has been watching the situation closely and we are prepared. We are here today to help you, your family, and our entire community.

Our doctors, nurses, support staff and disease experts are keeping up with the latest medical information. They are ready to provide world-class care to anyone with COVID-19.

### Where to go for facts, not fear

Unfortunately, a lot of the information out there about COVID-19 isn't true. Don't get distracted by myths and fear. Instead, we recommend these sources for all the latest on COVID-19:

[cdc.gov](https://www.cdc.gov)

[Our state/community health department](#)

### How to protect yourself and your loved ones



**Wash your hands** with soap often, scrubbing for at least 20 seconds. Keep hand sanitizer close by.



**Cover your mouth** when you sneeze or cough and use a tissue if possible.



**Keep your distance** from people who are coughing or sneezing, and stay home if you're not feeling well.



**Clean surfaces often** using soap and water or disinfecting wipes.

Note: Face masks aren't necessary unless you are sick or caring for someone who is.

### When to seek medical care

If you are coughing, sneezing, having trouble breathing, have a fever or have been close to someone with COVID-19, call your doctor to figure out what you should do next. And always call 911 in an emergency.

**Above all: Care for yourself so we can all get well together**