

If you develop emergency warning signs for COVID-19 get medical attention immediately.

Emergency warning signs include\*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

## \$BMM BIFBE CFGPSF WJTJUJOH Z

- Call ahead. Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor's office. This will help the office protect themselves and other patients.

## \* G ZPV BSF TJDL XFBS B TVSHJD PWFS ZPVS OPTF BOE NPVUI

- You should wear a TVSHJDBM NBT L covering over your nose and mouth if you must be around other people or animals, including pets (even at home).
- You don't need to wear the TVSHJDBM NBT L if you are alone. If you can't put on a NBT L (because of trouble breathing for example), cover your coughs and sneezes in some way. Try to stay at least 6 feet away from other people. This will help protect the people around you.

