

IF YOU HAVE BEEN EXPOSED OR  
CONCERNED YOU MAY HAVE BEEN EXPOSED  
TO CORONAVIRUS (COVID-19) PLEASE  
**HELP US**



**CORONAVIRUS  
(COVID-19)**

**The AST Health System is NOT  
a Coronavirus (COVID-19) testing site.**

- 1. Stay home**
- 2. Separate yourself** from other people and animals in your home.
- 3. DO NOT go to the clinic without first calling** and letting them know that you have concerns of COVID-19.
- 4. Wear a facemask** if you are sick.
- 5. Cover your coughs and sneezes**
- 6. Clean your hands often**—wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Use hand sanitizer if soap and water are not readily available (alcohol-based hand sanitizer with at least 60% alcohol).
- 7. Avoid sharing personal household items**
- 8. Clean all “high-touch” surfaces**
- 9. Monitor your symptoms**—seek medical attention if your illness is worsening (e.g., difficulty breathing). Please remember to call your health care provider prior to presenting to the healthcare facility to get instructions on how/where to enter the building. Wear a mask upon entering.

**Coronavirus (COVID-19) Call Center:  
1-877-215-8336**

**AST 24-Hour Coronavirus (COVID-19)  
Information Number: (405) 695-1787**



ABSENTEE SHAWNEE TRIBAL

**HEALTH SYSTEM**

Prevention. Progress. Pride.