TAKE CARE OF YOUR HEALTH.

HELP STOP THE SPREAD OF CORONAVIRUS (COVID-19) WITH THESE SELF-CARE TIPS.

1. **Stay home**, except to get medical care.
2. **Separate yourself** from other people and animals in your home.
3. **Call ahead before visiting your doctor**—If you have a medical appointment, please call your healthcare provider and tell them that you have or may have (COVID-19). This will allow the healthcare provider's office to take steps to keep other people from getting infected or exposed.
4. **Wear a facemask** if you are sick.
5. **Cover your coughs and sneezes**—(COVID-19) is spread by respiratory droplets, throw used tissues into a lined trash can.
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**—dishes, drinking glasses, cups, eating utensils, towels, bedding with other people or pets in your home.
8. **Clean all "high-touch" surfaces everyday**—counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, bedside tables, etc.
9. **Monitor your symptoms**—seek medical attention if your illness is worsening (e.g., difficulty breathing). Please remember to call your healthcare 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

ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

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

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