



CORONAVIRUS

Symptoms, Prevention and Treatment

WE ARE ALL IN THIS TOGETHER
EVERYONE MUST DO THEIR OWN PART
 YOUR LOCAL HEALTHCARE PROVIDERS ARE ASKING FOR YOUR HELP



STAY HOME.
NO GROUPS OF MORE THAN 10 PEOPLE.
LIMIT NONESSENTIAL TRAVEL.



- *Have your groceries delivered or curbside pickup*
- *Patronize your local restaurants for take out and delivery only*
- *Clean hands often with soap and use hand sanitizer*
- *Avoid close contact with others*
- *Stay home if you are sick*
- *Cover coughs and sneezes*



PARENTS: Keep your children at home. Even those who show no symptoms can spread the virus to others including the elderly and vulnerable patients.

Assist the elderly and others in need.

BARS AND RESTAURANTS: We are asking that you limit your patrons to no more than 10 and strongly encourage you to move to drive thru, take out or delivery only.

YOUR LOCAL HEALTHCARE PROVIDERS FACE THE SAME SHORTAGES OF SUPPLIES AND PERSONNEL AS YOU SEE ELSEWHERE. YOUR COOPERATION IS VERY IMPORTANT IN HELPING US.

IF YOU THINK YOU HAVE BEEN EXPOSED TO COVID-19 AND DEVELOP A FEVER AND SYMPTOMS, SUCH AS COUGH OR DIFFICULTY BREATHING,

CALL YOUR HEALTHCARE PROVIDER FOR MEDICAL ADVICE.

DO NOT GO TO THE CLINIC OR THE EMERGENCY ROOM.

You may be asked to call Two Rivers Public Health Department for a COVID-19 assessment over the telephone to determine if you should go to the clinic or hospital.

DO NOT CALL 911 UNLESS IT IS A MEDICAL EMERGENCY

SENIOR LIFE SOLUTIONS HCHS:
 Mental health experts, senior advocates, and we are able to offer you some tips to help cope during this difficult time.

Call 308-928-9048

Sponsored by:

- Alma Fire Department*
- Orleans Fire Department*
- Republican City Fire Department*
- Stamford Fire Department*
- Harlan County Health System*

