

PROTECT YOURSELF AND OTHERS FROM **coronavirus disease 2019** **(COVID-19)**



**KEEP
YOURSELF
SAFE:**

Wash your hands often.

Scrub with soap and water for 20 seconds or rub your hands with an alcohol-based hand sanitizer for 15 seconds.

Don't touch your face.

Especially avoid contact with your eyes, nose and mouth.

Practice social distancing whenever possible. This means avoiding close contact with others.



**KEEP OTHERS
SAFE:**

Stay home if you are sick.

Cover your cough or sneeze with a tissue.

Dispose of the tissue immediately afterward. Use your shirt sleeve, not your hands, if no tissue is available.

Disinfect frequently touched surfaces. Think phones, doorknobs, elevator buttons, light switches, countertops, handles, desks, keyboards, toilets, faucets, sinks and more.

WHAT TO DO IF YOU SUSPECT EXPOSURE TO COVID-19

IF YOU:	HAVE TESTED POSITIVE	HAVE TESTED NEGATIVE OR BEEN UNTESTED	HAVE NOT BEEN TESTED, BUT HAVE BEEN EXPOSED TO SOMEONE WITH SYMPTOMS	HAVE HAD CONTACT WITH PERSON EXPOSED BUT DOESN'T HAVE SYMPTOMS
Experiencing symptoms?	Yes	Yes	No	Not considered exposed.
Wear face mask?	Yes, when around others	Yes, when around others	No, only confirmed case or person under investigation should wear mask around you	No special recommendations.
Stay home:	Your local health departments will guide you on homecare advice	At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and respiratory symptoms (e.g., cough, shortness of breath); OR, at least 7 days from symptom onset, whichever is longer.	Keep distance from others, use proper hand hygiene, monitor symptoms	

Concerned about your health? Get prescreened for COVID-19 by:

- Calling your primary care provider or Telephone Nurse Advisors (24/7, 365): (608) 775-4454 or (800) 858-1050
- Connecting online with a provider 24/7 through Gundersen's VirtualVisit app: gundersenhealth.org/virtualvisit
- If you are a non-Gundersen healthcare worker, contact your employee health services.
- If you are a Gundersen Health System employee, disregard chart and call Gundersen Employee Health services (608) 775-3747.