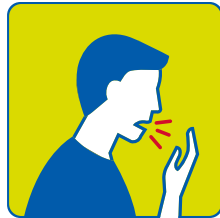


Coronavirus 2019 (COVID-19)

Symptoms



Fever



Cough



Breathing
Difficulty

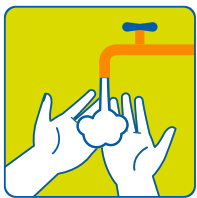


Cough
Etiquette

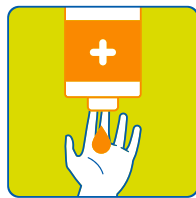
- Turn away from others
- Cover your mouth with elbow or tissue
- Wash your hands

Prevention

Start With Washing Your Hands



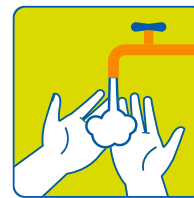
Wet Hands



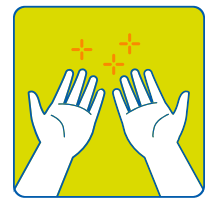
Apply Soap



Scrub Hands
for 20 seconds



Rinse



Dry Hands

The virus can live on inanimate objects like cell phones, door handles and steering wheels for days. You should wipe down these areas frequently with a disinfectant, diluted bleach or isopropyl alcohol solution.

- Washing your hands frequently with soap and water for at least 20 seconds is one of the most effective ways to prevent the spread of germs.
- Avoid contact with anyone who is sick.
- Cover your cough and sneeze with a tissue.
- Avoid touching your face.
- Disinfect surfaces and objects often.
- Avoid others when you are sick, except to receive medical care.
- Practice social distancing by avoiding crowds and maintain at least 3 feet between yourself and anyone who is coughing or sneezing.

Need Care?



If you have severe or life-threatening symptoms, please call 911.

For a free Spectrum Health COVID-19 phone screening please call, 616.391.2380.

If you are a current patient experiencing COVID-19 symptoms,
STAY HOME AND CALL the office nearest you:

Baldwin: (231) 745-4624

Cadillac: (231) 775-6521

McBain: (231) 825-2643

Big Rapids: (231) 527-7150

Grant: (231) 834-0444

White Cloud: (231) 689-5943

If you have mild respiratory complaints, you should stay home and not risk exposing others.