

# Help STOP the spread

## Of viruses like coronavirus

**WASH YOUR  
HANDS WITH SOAP  
AND WATER OFTEN**

**Go home if you  
start to feel  
sick**

**Stay home for  
at least 7 days  
if you get sick**

- Keep children apart from Elders
- Cover all coughs
- Avoid close contact (6 feet) when possible
- Have sick people eat and sleep separately from well people
- Have sick people use different bedroom, bathroom, towels, cups from well people
- Clean surfaces several times a day

### **Feeling Sick?**

**Please call first instead of walking in to prevent spread of viruses.**

**Medical Clinic staff are here to help you!**

**Please give us a call**

**360-459-5312**