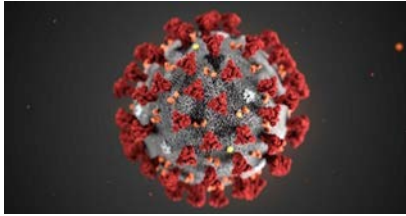


COVID19 GUIDELINES

Information as of 3/18/20



If you have a mild fever (100.4° or higher) and cough you should stay at home (isolate yourself) for at least 14 days OR for at least one week after your fever and cough go away.

WHEN TO CONTACT A DOCTOR:

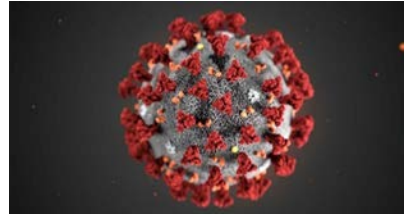
- If you have a fever above 103 F for more than 2 hours after taking things like Tylenol or Advil.
- If you have a fever for more than 2 days.
- If you are coughing stuff up for more than a week.
- If you develop new symptoms.

Seek immediate medical care if you have difficulty breathing or chest pain!

Call your doctor before arriving so they can prepare for your arrival. If you do not have a doctor, call Madison Health at 740-845-7333.

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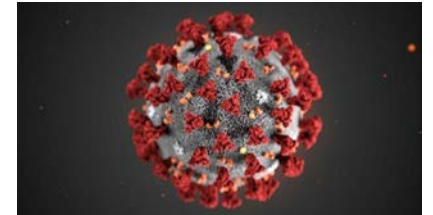
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Isolation Tips

WHAT DOES IS MEAN TO ISOLATE YOURSELF DURING COVID19?

- Stay home. Don't leave your home unless you need medical care. Avoid contact with people and animals in your own home.
- Stay in a separate room and use a separate bathroom (if you can). Avoid sharing personal items.
- Disinfect things around the house that get touched often.
- Call ahead to report your symptoms before going to medical appointments.
- Don't touch any part of your head unless you've just washed your hands.
- Cover your cough and sneeze with your arm.
- Wash your hands often for at least 20 seconds with soap and water.
- Use hand sanitizer that contains at least 60% alcohol.
- Get a good amount of sleep, eat well, and drink water.



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