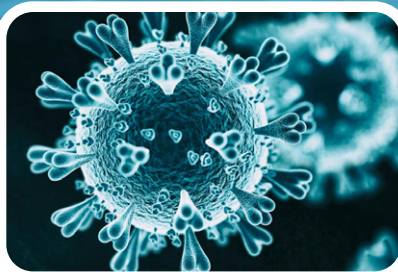


At PHCA Medical Group we are taking every action possible to protect our patients, our clinical staff and the community from COVID-19.



Please read below to help you and your family have the best outcome and stay safe from this virus.

SYMPTOMS* CAN INCLUDE:

FEVER



*Symptoms may appear 2-14 days after exposure.

COUGH



**SHORTNESS
OF BREATH**



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

HELPFUL TIPS TO CONSIDER:



Frequently wash your hands with soap and water for 20 seconds.



Use disinfectant (hand sanitizer)



Avoid touching your eyes, nose and mouth.



Avoid direct contact with sick people.



If you are sick, don't go to work or public places.



Cover your self when coughing or sneezing with a disposable tissue or elbow.



Disinfect objects and surfaces.



If you're sick, use a mask to prevent spreading.



If you suspect that you have a respiratory infection, go get medical treatment immediately.



Visit the [CDC website](https://www.cdc.gov) to get the latest information!