Before going to the doctor’s office or emergency room, call ahead. They will tell you what to do. Seek medical care right away if your illness is worsening.

*People at higher risk are older adults and those with serious chronic medical conditions like heart disease, diabetes, lung disease.*
To protect yourself and others from COVID-19, we all need to **social distance**.

Anyone can have COVID-19 **without having symptoms**, including you!

Anyone who has COVID-19 can make others sick by being near them or by touching things. The virus will then spread to their families, making more people sick.

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**STAY HOME. ONLY GO OUT IF NECESSARY:**

- **WORK**
- **PHARMACY**
- **GROCERIES**

**DO NOT GO TO:**

- **RESTAURANTS**
- **CHURCH/MOSQUE**
- **GATHERINGS**

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**WHEN OUT:**

- **WASH HANDS WITH SOAP AND WATER FOR 20 SECONDS**
- **STAY 1 TO 2 METERS AWAY FROM OTHER PEOPLE**
- **DO NOT TOUCH YOUR FACE**

Distributed by World Relief Fox Valley - 3/18/2020