



## ➔ HOW DO I ...

### Self Quarantine

Stay home for 14 days.  
Avoid contact with other people.  
Don't share household items.

### Self Monitor

Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath.

Take your temperature every morning and night and write it down.

Call your doctor if you have trouble breathing or a fever (100.4 degrees F/38 degrees C.)

Don't seek medical treatment without calling first!

### Practice Social Distancing

Stay home as much as possible.

Don't physically get close to people. Try to stay 6 feet away

Don't hug or shake hands.

Avoid groups of people.

Be aware of frequently touched surfaces, including doorknobs, elevator buttons, service counters, shared pens, touch screens, steering wheels, and cell phones.

## ➔ WHAT IF I HAVE SYMPTOMS? Call your health care provider.

➔ LEARN MORE AT: [www.avera.org/how-to-prepare-for-the-coronavirus-covid-19](http://www.avera.org/how-to-prepare-for-the-coronavirus-covid-19)  
 ➔ [www.yanktonmedicalclinic.com/health-services/preparing-for-covid-19/](http://www.yanktonmedicalclinic.com/health-services/preparing-for-covid-19/)  
 ➔ [www.co.yankton.sd.us/custom/covid-19](http://www.co.yankton.sd.us/custom/covid-19)