Take these steps to keep yourself and the community healthy. If you are sick, **STAY HOME.** Call us at **202.745.7000** and tell us about your symptoms. These small steps make a big difference in preventing the spread of the common cold, flu and coronavirus.

**If you are sick, STAY HOME.** Avoid close contact with people who are sick or who are presenting symptoms of frequent coughing or sneezing.

**Cover your mouth & nose with a tissue when you cough or sneeze.**

**Cough or sneeze into your upper sleeve, not your hands.**

**Pay close attention to your symptoms and seek medical care if your symptoms worsen.**

**Wash your hands with soap and water for at least 20 seconds and dry your hands completely before touching additional surfaces.**

**Clean and disinfect surfaces and objects that are frequently touched.**

**Throw away any used tissue in the waste basket.**

**Avoid touching your eyes, nose and mouth as these are the easiest areas for germs to spread through.**

**If you have not gotten your flu shot yet, get vaccinated for the flu.**

**If soap and water is unavailable, clean your hands with alcohol-based hand sanitizer.**

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**Call our team at 202.745.7000.** We will evaluate and treat you over the phone - and help limit your exposure to additional illnesses.

If after your phone evaluation, you still need to come into a Whitman-Walker location, we will coordinate with you to be seen as quickly as possible after you arrive for your appointment. We will also share instructions for wearing a mask.

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**Additional Resources**

- How to Manage Your Cough At Home whitman-walker.org/careforcoughs
- About the Coronavirus whitman-walker.org/coronavirus
- Prevent the Spread of Germs whitman-walker.org/preventgerms

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