

PUBLIC SERVICE ANNOUNCEMENT



You can help reduce the spread of coronavirus (COVID-19)

- **Practice excellent personal hygiene** habits including:
 - Handwashing with soap and warm water.
 - Coughing or sneezing into a tissue.
 - Avoid touching eyes, nose or mouth with unwashed hands
- **Call your primary care provider** if you have symptoms like cough, fever or other respiratory problems and think you should be checked by a healthcare provider. Island Hospital Primary Care Clinic: 360-293-3101
- **Keep your distance between you and people who have a respiratory illness**, especially if you are 60 and older or have underlying health conditions that put you at higher risk for severe illness.
- **When feeling ill**, please recover at home.
- **Stay informed.** Information about coronavirus is evolving rapidly. Follow the recommendations of:
 - **Washington State Department of Health:** www.doh.wa.gov/Emergencies/Coronavirus
Coronavirus Hotline: 1-800-525-0127 and press #
 - **Skagit County Public Health:** www.skagitcounty.net/Departments/HealthDiseases/coronavirus
 - **Centers for Disease Control and Prevention:** www.cdc.gov/coronavirus/2019-nCoV
 - **World Health Organization:** www.who.int/emergencies/diseases/novel-coronavirus-2019

Island Hospital is committed to the health and well-being of our patients, staff and community. Please visit our website and Facebook page for regular updates regarding coronavirus, www.islandhospital.org.