

DO YOUR PART:


To slow the spread of COVID-19 in Flathead County

Practice Good Hygiene:




- Wash your hands with soap and water for at least 20 seconds.
- Use an alcohol-based sanitizer.
- Avoid touching your face.
- Sneeze or cough into a tissue.
- Disinfect frequently used items and surfaces as much as possible.



Helpful Phone Numbers:

- Flathead City-County Health Department: **406-751-8110** 
- KRH 24-Hour Line: **406-890-7272**

For more information, follow us:

-  flatheadhealth.org
-  [@flatheadhealth](https://www.instagram.com/flatheadhealth)
-  [@flatheadhealthdepartment](https://www.facebook.com/flatheadhealthdepartment)

TIPS FOR SOCIAL DISTANCING:

- **Stay home if at all possible.**
- **Avoid crowded places** (such as shopping centers and movie theaters) and limit your activities in public.
- **Keep your distance from others** (about 6 feet).