



FLATHEAD CITY-COUNTY HEALTH DEPARTMENT COVID-19 PREVENTION TIPS

Novel Coronavirus or COVID-19:

Common symptoms include fever, coughing, and shortness of breath.


Most often, the virus is spread person-to-person through respiratory droplets. These droplets are produced when a person coughs or sneezes, similar to how the flu is spread.


Please refer to the **President's Coronavirus Guidelines for America** listed below:


Additional Information:

If you are feeling symptomatic, please call the 24-hour KRH phone line:

 406-890-7272

 flatheadhealth.org

 @flatheadhealth

 @flatheadhealthdepartment

15 DAYS TO SLOW THE SPREAD

If you feel sick, stay home. Do not go to work. Contact your healthcare provider.

If your children are sick, keep them at home. Do not send them to school. Contact your healthcare provider.

If someone in your household has tested positive for COVID-19, keep the entire household at home. Do not go to work. Do not go to school. Do not use public transportation. Contact your healthcare provider.

If you are an older person, stay home and away from other people.

If you are a person with a serious underlying health condition that can put you at increased risk stay home and away from other people.

DO YOUR PART



Work or engage in activities from home whenever possible.



Avoid social gatherings in groups of more than 10 people.



Practice social distancing



Use drive-thru, pickup, or delivery options

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.

