

- Wash your hands at least 20 seconds. Wash frequently and with warm water & soap. Dry with a clean paper towel or clean hand towel.
- If you use hand sanitizer, be sure to use the kind that has alcohol in it. Use enough to wet your hands thoroughly. Briskly rub your hands together **until completely dry**. Friction plus the alcohol in the hand sanitizer are what cleans your hands.
- Clean your phones several times daily.
- Stay hydrated.
- Cough or sneeze (regardless of the reason—allergies, sniffles, dust, “down the wrong pipe”, whatever you think the reason is) into your inner elbow.
- Maintain 6 to 10 feet from others. Avoid shaking hands and hugging.
- It’s ok to get outside for fresh air & a walk if you are feeling well.
- If you are having sex, please use condoms and/or dental dams. If you cannot find or do not have dental dams, you can cut a condom down the middle & open it up. We know the virus is transmitted via bodily fluids.

**If you are sick:**

1. Call your healthcare provider. (If you do not have a healthcare provider, see the clinic resources below.)
2. Explain your symptoms & get advice.
3. Going to urgent care or the emergency room is recommended if you have a high fever (103 F) & are experiencing difficulty breathing.

**Avoid large crowds as much as possible.**

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Coronavirus/Covid-19 Hotline:  
 Missouri (877) 435-8411 24/7  
 Saint Louis (314) 657-1499 M-F 8a-5p

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Affinia Healthcare Appointment Line	(314) 814-8700
CHIPS Health/Wellness Center	(314) 652-9231 extension 10
CareSTL	(314) 633-6363
People’s Clinic	(314) 367-7848
Family Care Health Centers	(314) 353-5190 (Southside)
	(314) 531-5444 (Northside)

**REMEMBER:** 80% of people who get coronavirus/Covid-19 will not get very sick.  
 At significant risk: very young, 60+ years of age, immune suppressed/compromised, those with asthma, diabetes, lung disease, and/or heart disease.

“Flatten the Curve”: this means to severely limit your activities to limit exposure for those at greater risk & to allow healthcare workers to give attention to those with the highest need for care—those at significant risk named above & those with high fever and difficulty breathing.