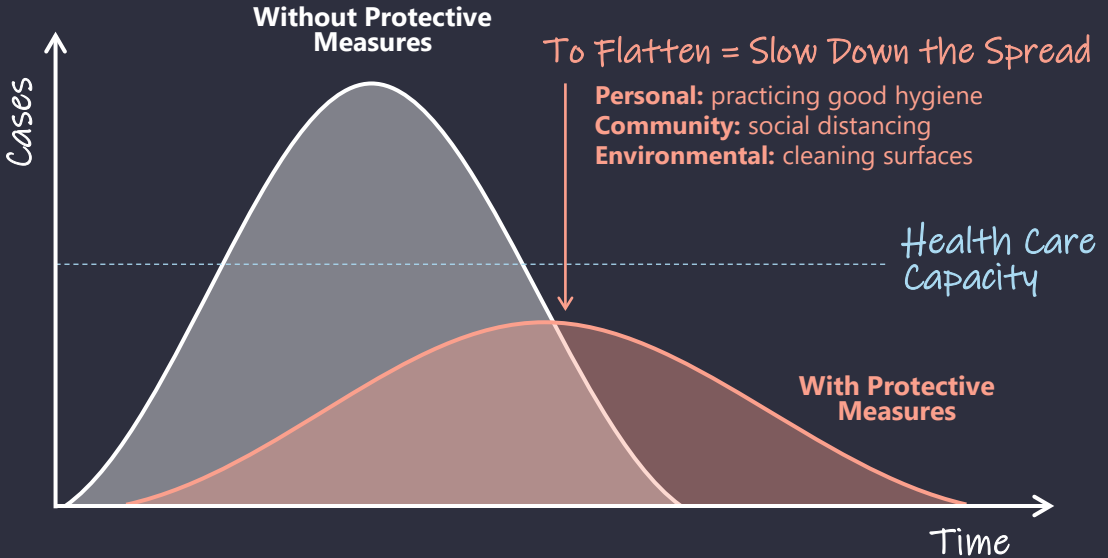


# Flatten the Curve

## Do your part in flattening the curve!

This refers to taking protective measures that keep the rate of coronavirus cases at a manageable level for medical providers.



## Reminders for when you are feeling ill...

### Stay Home

People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care.

### Go Virtual

Take advantage of telemedicine and virtual visits with your medical provider if possible.

### Call Ahead

Contact the doctor's office or emergency department before you visit. Do not make an unannounced visit.

**Doing your part in flattening the curve will help limit surge and give hospitals time to prepare and manage during the coronavirus pandemic.**

**Be Well, Stay Informed, Stand Strong.**  
#COVID19AV

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it's positively clear