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.

**To Flatten = Slow Down the Spread**
- **Personal:** practicing good hygiene
- **Community:** social distancing
- **Environmental:** cleaning surfaces

**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