

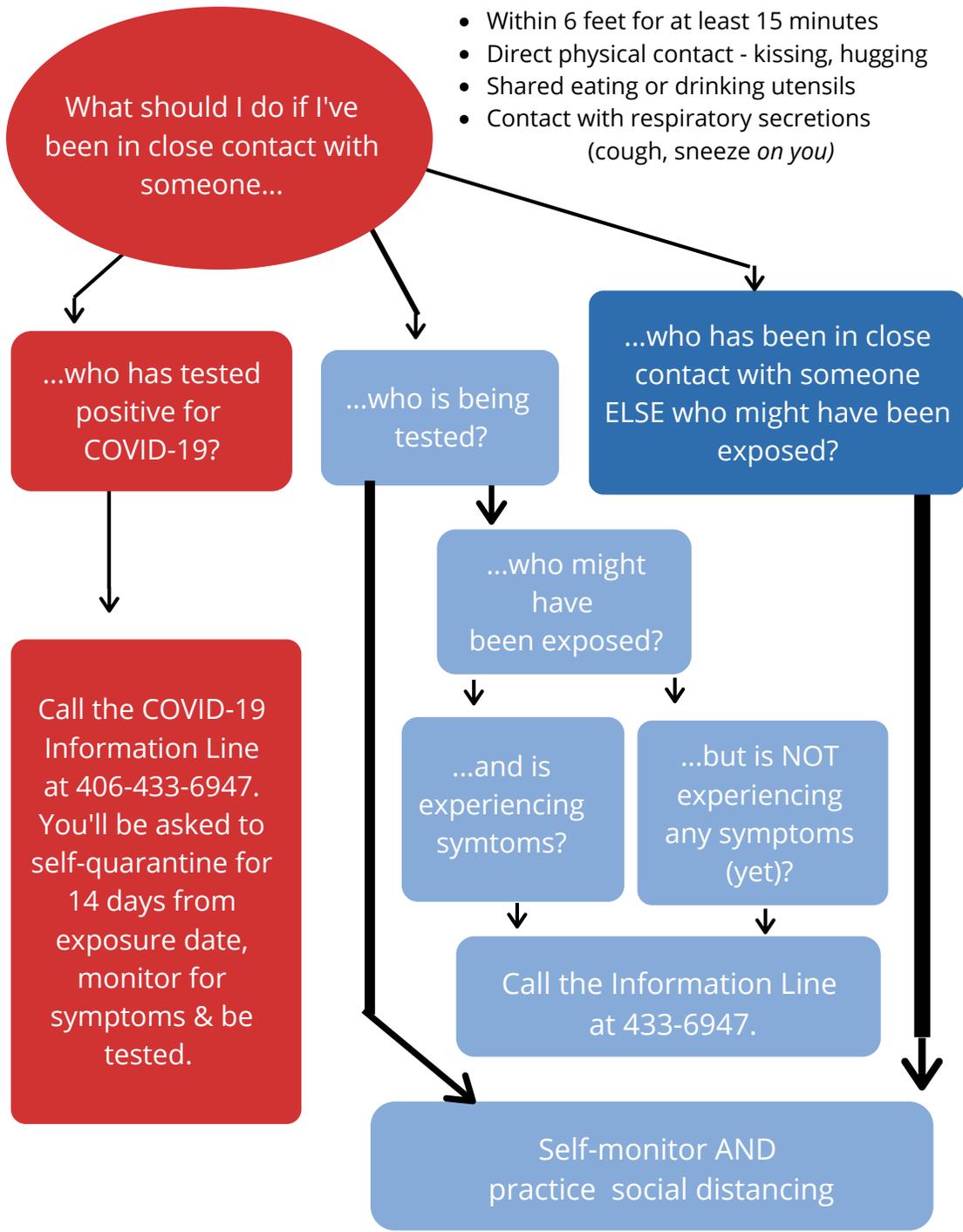


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COVID-19 PANDEMIC

CLOSE CONTACT MEANS:

- Within 6 feet for at least 15 minutes
- Direct physical contact - kissing, hugging
- Shared eating or drinking utensils
- Contact with respiratory secretions (cough, sneeze *on you*)



HOW DO I...

Self-Quarantine

- Stay home for 14 days.
- Avoid contact with other people.
- Don't share household items.

Self-Monitor

- Be alert for symptoms of COVID-19, including a fever, chills, cough, shortness of breath, difficulty breathing, fatigue, muscle aches or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.
- Take your temperature and write it down.
- Call your doctor if you have trouble breathing or have a fever (100.4 degrees or higher)

Practice Social Distancing

- Stay home as much as possible.
- Don't physically get close to people. Try to stay 6 feet away.
- Don't hug or shake hands.
- Avoid groups of people.
- Be aware of frequently touched surfaces, including doorknobs, service counters, shared pens, touch screens.

WHAT IF I HAVE SYMPTOMS? Call your healthcare provider.

Active Case

A person who is still infectious and in the isolation period required by public health.

Recovered Case

A person who has been released from isolation and is no longer infectious.