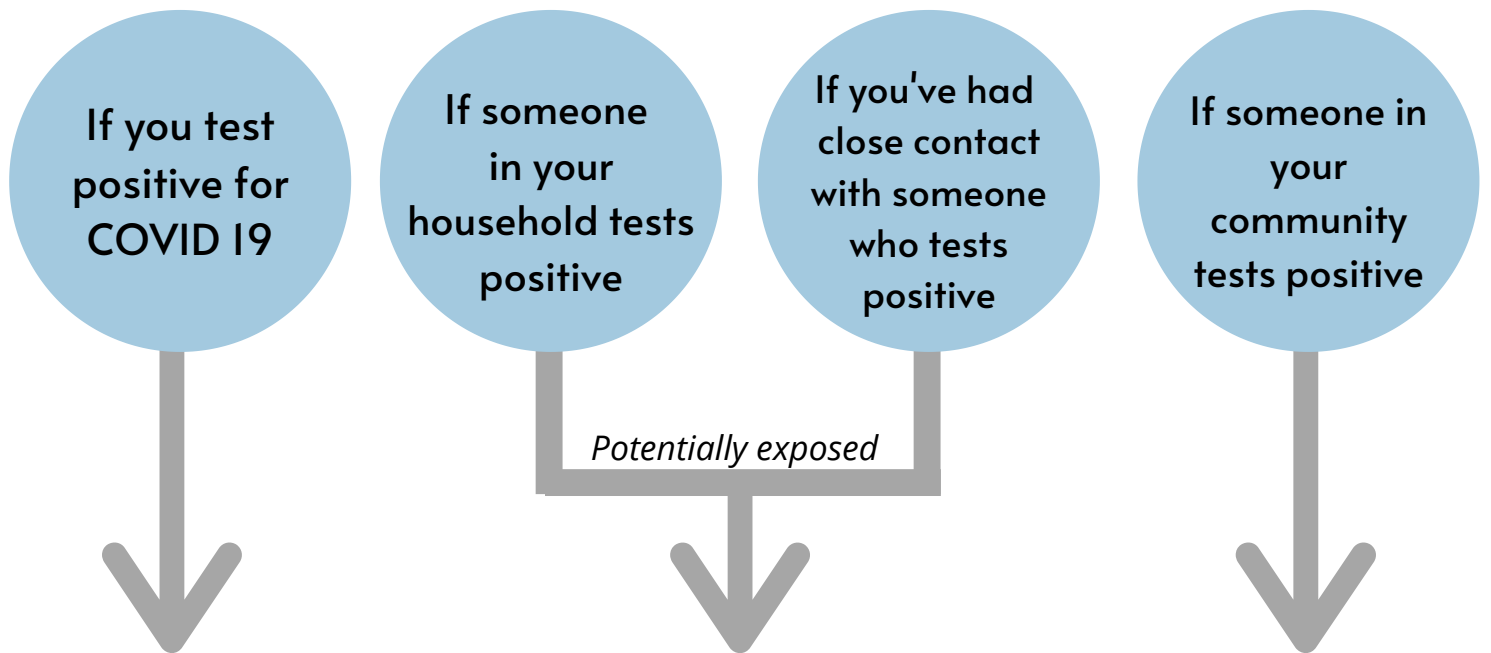


What to expect with COVID-19



ISOLATION

Separates a **confirmed** COVID19 patient from healthy people.

Go into isolation at home* in a designated sick room and only leave to receive medical care.

Public Health Nursing will be in contact daily until cleared from isolation.

NSHC Provider Team will be in contact to monitor symptoms.

Follow ALL medical guidelines.

QUARANTINE

Keeps someone who **might** have been exposed away from others.

You may have been infected.

Stay in your home* except to receive medical care.

If you develop symptoms, call the Nurse Call Line before you go to the hospital/clinic.

Public Health Nursing will contact you daily to monitor symptoms.

Follow ALL medical guidelines.

CONTINUE SOCIAL DISTANCING

Maintain space between yourself and other people who don't live with you

Not potentially exposed.

Stay home as much as possible.

Get outside but maintain 6 feet of space between you & others.

Keep your distance from others outside of your household.

*if unable to quarantine/isolate at home, please reach out to NSHC's Quarantine Lead Amy Hollis (434-0654) for assistance to keep your household safe.

It's up to all of us to keep our elders, families and community safe.

Remember to practice great hygiene!

WASH your hands frequently

AVOID TOUCHING your face

CLEAN & DISINFECT frequently touched surfaces everyday



**NORTON SOUND
HEALTH CORPORATION**



NSHC Nurse Call Line
443-6411
844-586-8773