

HELP STOP THE SPREAD OF CORONAVIRUS!

Working together we can be proactive against the spread of Coronavirus (COVID-19) in Klickitat County.



PROTECT YOURSELF AND OTHERS

- Wash your hands with soap and water often.
- Cover your nose and mouth with a tissue or sleeve when sneezing or coughing.
- Do not touch your face with unwashed hands.
- Do not shake hands. Instead wave or elbow bump.
- Monitor your health more closely than usual for cold or flu symptoms.



PROTECT THE MOST VULNERABLE

- If you have chronic conditions like lung disease, heart disease, diabetes, cancer or a weakened immune system, avoid unnecessary gatherings and events and stay home as much as possible.
- If a loved one has one of these conditions, do not visit them if you feel sick.



STAY HOME IF SICK

- Stay home and call your doctor if you have symptoms like coughing, shortness of breath, fever, sore throat.
- If you do not feel better in 24-48 hours, seek care from your doctor.
- WA Dept. of Health Public Call Center: 1-800-525-0127, #
- Hospitals will provide care regardless of immigration status or ability to pay.



REDUCE OVERCROWDING

- Consider telecommuting.
- Stagger work hours, starting earlier or later.
- Avoid large gatherings in public or private events.
- Keep distance from others.