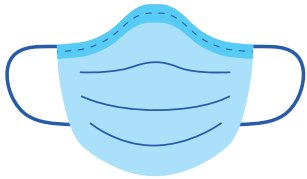


Please stay safe and well. Prevent spreading the virus. These guidelines will help.



Wear a face mask in public

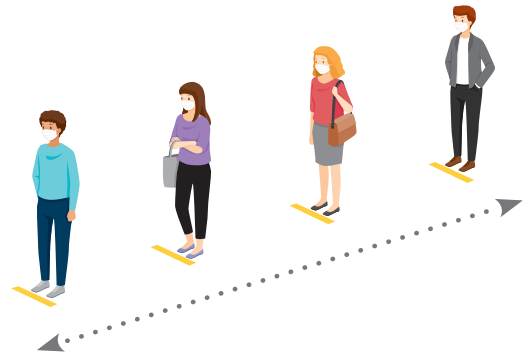
Cover your nose and mouth in public settings and when around people who don't live in your household. This keeps others safe. Even people who show no signs COVID-19 can spread coronavirus.

Monitor your health

Look out for symptoms. Watch for fever, cough, shortness of breath, or other signs of COVID-19.

Avoid close contact

Put at least 6 feet of distance between yourself and people who don't live in your household.



Clean and disinfect

Every day, take care of frequently touched surfaces — tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks.



Wash hands often

Use soap and water for at least 20 seconds — especially being in a public place, or after blowing your nose, coughing, or sneezing.

Follow travel guidance

Avoid travel to areas of the country that are experiencing high rates of infection. If you must travel there, self-quarantine for 14 days after return.



Sick? Call your doctor

Call your primary care doctor if you have health concerns or show any signs of symptoms. You can also schedule a virtual visit; go to www.hartfordhealthcare.org/virtualhealth

Emergencies are still emergencies

Hartford HealthCare's Emergency Departments are safe and open — with dedicated areas for non-COVID patients, facemasks for everyone who enters, constant sanitizing, and screening of every caregiver, every day. Never delay emergency care.

Need help? We're available 24/7

You can get assistance — including emotional support — any time day or night. Call our Community Care Center hotline at 1.833.621.0600.

COVID-19 testing

We offer drive-up testing at locations throughout the state, and at our GoHealth Urgent Care centers. Learn more at www.hartfordhealthcare.org/testing

Thank you for doing your part!