

Let's keep up the great work.



Follow these tips to stay safe.

- Always wear a mask when you're in public. Simple cloth face coverings help slow the spread of the virus.
- Always stay at least six feet away from others, even while you're wearing a mask.
- Don't touch your eyes, nose, or mouth... and wash your hands often.
- If you feel sick, stay home.
- Use the CDC's online symptom tracker at covid19healthbot.cdc.gov to help you decide whether your symptoms may be allergies, flu, or Coronavirus – and what to do next.
- Anytime you're not feeling well, contact your primary care doctor or schedule a video visit at AHN.org/MyChart or through the myChart app.
- Call 911 for emergency medical care, like trouble breathing.
- If you're pregnant or have a chronic condition like heart disease, diabetes, or lung disease, make sure you talk to your doctor about other ways you can stay safe.

Stay safe as restrictions are lifted.

Visit AHN.org/Coronavirus for the most up-to-date information.

Have Coronavirus questions? Get Coronavirus answers, any time.

Call (412) NURSE-4-U to talk with an AHN nurse, 24/7.
