



# Keeping Michigan Informed

## Novel Coronavirus 2019 (COVID-19)

### Symptoms



FEVER



COUGH

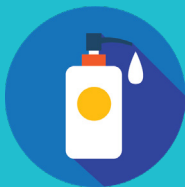


BREATHING DIFFICULTY

### Prevention—Start with Washing Your Hands



WET HANDS



LATHER



SCRUB: 20 SECONDS



RINSE



DRY HANDS

- Washing your hands often with soap and water for 20 seconds is one of the easiest and most effective ways to prevent the spread of germs.
- Avoid contact with people who are sick.
- Cover your cough and sneeze with tissue.
- Avoid touching eyes, nose and mouth.
- Clean and disinfect surfaces and objects frequently.
- Stay home when you are sick, except to get medical care.

### Seeking Care

Call your doctor if you experience symptoms, or our COVID-19 hotline at **616.391.2380** to schedule a free virtual screening.\*  
If your symptoms are life-threatening, call 911.

*\*Free screening available for all individuals in the state of Michigan.*

For more information visit [spectrumhealth.org/covid19](https://spectrumhealth.org/covid19).