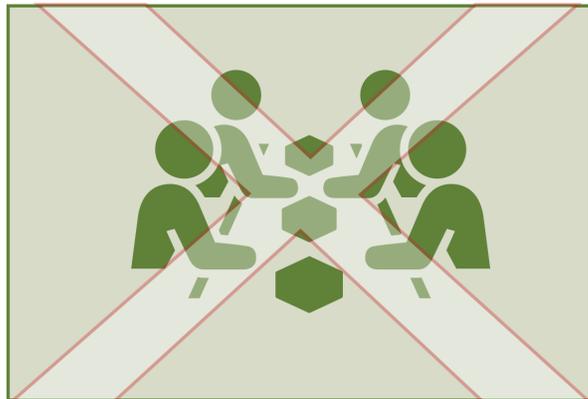


PREVENTION OF COVID-19 SPREAD: SOCIAL DISTANCING

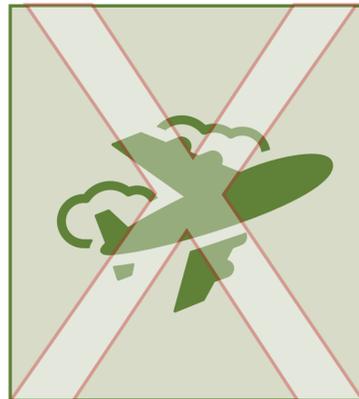
LIMIT CLOSE CONTACT WITH PEOPLE



Limit in-person meetings to your direct team, and utilize Webex, phone calls and other tools when possible



Limit physical contact, including handshakes



Limit non-essential travel



Avoid crowds (especially in poorly ventilated spaces)

WASH HANDS AND AVOID TOUCHING YOUR EYES, NOSE OR MOUTH



WATCH FOR SYMPTOMS

Symptoms may appear within 2-14 days of exposure to the virus.
In the last 14 days, have you noticed these symptoms?



Shortness of breath



Fever



Cough



New fatigue & Muscle pain



Chills



Vomiting or diarrhea



Loss of taste or smell



Sore throat



Headache



Congestion or runny nose

To prevent spread of COVID-19 illness, Avera recommends "social distancing" as outlined by the Centers for Disease Control and Prevention (CDC).

Here's what social distancing means:

Limit close contact with people

- Limit physical contact, including handshakes.
- Avoid hugging or kissing people who are sick or showing symptoms of illness, keep your distance about 6 feet away.
- Limit in-person meetings, using phone, email and other communication tools when possible.
- Increase physical space when you are working or talking with others out in public.

Stay home if you are sick

Stay home from work, school, church or other group gatherings if you are ill with these symptoms:

- Fever of 100°F or higher
- Cough
- Shortness of breath
- Congestion or runny nose
- New fatigue
- Headache
- Sore throat
- Chills
- Muscle pain
- Loss of taste or smell
- Vomiting or diarrhea

Identify actions to take if you need to postpone or cancel events

- Officials may ask you to modify, postpone or cancel large events for the safety and well-being of your event staff, participants and the community.
- If possible, plan alternative ways for participants to enjoy the events by television, radio or online.

Avoid crowds, especially in poorly ventilated spaces

- Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are sick people in the crowd.
- **Maintain at least 6 feet distance.**

Reduce or limit gatherings

- Consider that now may not be the best time for parties or potlucks.
- Visiting friends and family is not recommended.

Limit non-essential travel

For the latest updates go to Avera.org/covid-19



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