

Protect Yourself and Others from COVID-19



How COVID-19 Spreads

COVID-19 spreads from an infected person to another person through coughs, sneezes or talking. Symptoms may NOT be present in an infected individual.

Help Stop the Spread



Wash your hands often



Avoid close contact (stay 6 feet apart)



Cover your mouth and nose with a cloth face cover when around others



Cover coughs and sneezes



Clean and disinfect surfaces



Avera's mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values. If you think you may have problems paying part of your bill, contact your local business office or billing staff. We can discuss payment options that may be available to you.