

COVID-19 INFORMATION YOU SHOULD KNOW

Tips to Stay Healthy

- Stay at least 6' away from others, especially those who are sick.
- Wash your hands often with soap and water for at least 20 seconds each time.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Cough or sneeze into your elbow, or into a tissue, then throw the tissue in the trash and wash your hands.
- Stay home, except to get medical care when warranted.

What To Do If You Feel Sick

If you have any COVID-19 symptoms (cough, fever, or shortness of breath), call Lakes Regional Healthcare's COVID-19 Hotline at 712-336-6696. They will assess you over the phone and give you next steps to provide you with the care you need.

Local COVID-19 Resources

- COVID-19 Hotline to receive healthcare advice and services: 712-336-6696, M-F, 8 am – 5 pm, Sat 8 am - 12 pm
- Volunteer help to pick up/drop off grocery and pharmacy orders: <https://iglcoronarelief.org>
- Facebook Iowa Great Lakes COVID-19 Local Guide: information about service from area restaurants and businesses



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