



Stop the Spread of Germs

Please help us to keep you healthy!

Please **DO NOT** leave your house if you have signs of a respiratory infection like a fever, cough and trouble breathing.

If you have had a fever, please **DO NOT** come to TMHA or go to other businesses until you have been fever-free for at least 72 hours and your symptoms are better.

We are still working and will be available to support you, but will be having most appointments over the phone or by video.

Practice social distancing- no handshakes, hugs or high-fives, and try to stay 6 feet apart from other people.

Stay home! Wash your hands frequently and don't touch your face.

If you do begin to feel sick with a respiratory infection, stay home except to get medical care, and **CALL AHEAD** to any medical appointments or emergency services.

Important Phone Numbers:

COVID-19 Assistance Center: (805) 543-2444

Life-threatening, medical emergency: 9-1-1

Community Health Center (CHC): 1-866-614-4636

Twin Cities Hospital: (805) 434-3500

Sierra Vista Hospital: (805) 546-7600

French Hospital: (844) 585-6168

A.G. Hospital: (844) 245-3198

TMHA Front Desk: (805) 540-6500

<https://www.cdc.gov/coronavirus/2019-nCoV/>

www.ReadySLO.org

