You can help reduce the spread of coronavirus (COVID-19)

- **Practice excellent personal hygiene** habits including:
  - Handwashing with soap and warm water.
  - Coughing or sneezing into a tissue.
  - Avoid touching eyes, nose or mouth with unwashed hands.

- **Call your primary care provider** if you have symptoms like cough, fever or other respiratory problems and think you should be checked by a healthcare provider. Island Hospital Primary Care Clinic: 360-293-3101.

- **Keep your distance between you and people who have a respiratory illness**, especially if you are 60 and older or have underlying health conditions that put you at higher risk for severe illness.

- **When feeling ill**, please recover at home.

- **Stay informed.** Information about coronavirus is evolving rapidly. Follow the recommendations of:
  - **Washington State Department of Health**: [www.doh.wa.gov/Emergencies/Coronavirus](http://www.doh.wa.gov/Emergencies/Coronavirus)
    Coronavirus Hotline: 1-800-525-0127 and press #
  - **Skagit County Public Health**: [www.skagitcounty.net/Departments/HealthDiseases/coronavirus](http://www.skagitcounty.net/Departments/HealthDiseases/coronavirus)

Island Hospital is committed to the health and well-being of our patients, staff and community. Please visit our website and Facebook page for regular updates regarding coronavirus, [www.islandhospital.org](http://www.islandhospital.org).