

What to do if you believe you are sick with Coronavirus (COVID-19) in Gustavus

- **Self-Isolate - Stay home except to get medical care**

People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas.

- **Call ahead before visiting the Clinic 907-697-3008**

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed

- **Wear a facemask**

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

- **Separate yourself from other people and animals in your home**

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

- **Cover your coughs and sneezes & Clean your hands often**

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

The Gustavus Volunteer Fire Department and Gustavus SEARHC Clinic are closely following the information provided by the State of Alaska Department of Health and Social Services Division of Public Health Emergency Services Office and Center for Disease Control and Prevention Office on the latest guidance on how to anticipate close contact with persons with confirmed or possible COVID-19 virus. The GVFD and Gustavus Clinic stock all the current recommended personal protective equipment to treat patients.

All information was gathered from the CDC website

Everyone is encouraged to keep up to date by checking their website frequently

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