

# HEALTH ALERT

## NOVEL CORONAVIRUS (COVID-19)

COVID-19 virus is spread mainly from person-to-person between people who are in close contact with one another (within 6 ft.) and through respiratory droplets produced when an infected person coughs or sneezes.

### Preventative Tips

on Stopping the Spread of the Coronavirus (COVID-19)

- **WASH YOUR HANDS** often and thoroughly with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.
- **AVOID TOUCHING** your eyes, nose, and mouth with unwashed hands.
- **COVER YOUR COUGHS & SNEEZES** with a tissue or cough or sneeze in your sleeve.
- **AVOID SHARING** household items with a person who is ill with a respiratory illness.
- **CLEAN ALL SURFACES** such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, & bedside tables daily.
- **MONITOR YOUR SYMPTOMS** if you have a cough, fever and are having trouble breathing, please contact your health care provider and take steps to keep other people from getting infected.
- **PRIOR TO OR UPON ARRIVAL** to the hospital/clinic, please notify us of your symptoms. Wear a face mask to protect yourself and others
- **WEAR A FACEMASK** when you are in a room with other people. Masks are available at the entrances of our healthcare facilities.

**GRHC Coronavirus Hotline**  
**(520) 550-6079**



GRIC:  
www.mygilariver.com  
Phone:  
520.562.5132  
Email:  
Elizabeth.antone@gric.nsn.us



GRHC:  
www.grhc.org  
Phone:  
520.562.3321  
Email:  
swelch@grhc.org



OEM:  
OEM2@gric.nsn.us  
Phone:  
520.610.8120  
Email:  
bruce.harvey@gric.nsn.us