

Additional COVID-19 Information

If you are feeling sick:

1. If you are sick but have only mild symptoms, you do not need to come in. **Stay home**, rest, and drink plenty of fluids.
2. If your symptoms become more severe, please call us at 907-333-7425 (333-SICK) before coming in to the clinic so we can help you make a plan.

For general COVID-19 information, **dial 2-1-1**.

If you have a possible or confirmed case of COVID-19:

1. **Stay home and self-quarantine.**
2. Monitor your symptoms.
3. Get rest and stay hydrated.
4. If you have a medical appointment, call the healthcare provider before going to the appointment.
5. If you have a medical emergency, call 9-1-1 and notify dispatch personnel that you have or may have COVID-19.
6. Cover your coughs and sneezes.
7. Wash your hands often with soap and water for at least 20 seconds.
8. Stay away from other people in your home as much as possible.
9. Avoid sharing personal items with others in your home.
10. Clean all surfaces that are touched often.

From the Centers for Disease Control: [What To Do If You Are Sick](#)