DO NOT
GO TO THE EMERGENCY ROOM
UNLESS ESSENTIAL

Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever or other respiratory problems, contact your regular doctor first.

- Stay home when you are sick.

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. Help young children do the same.

- Stay away from people who are ill, especially if you are 60 and older or have underlying health conditions such as diabetes, heart disease, lung disease or a weakened immune system.

- Avoid touching your eyes, nose, and mouth with unwashed hands.

- Limit close contact, like kissing and sharing cups or utensils, with people who are sick.

- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).

- Face masks should only be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The purpose of a face mask is to prevent droplets from sneezing and coughing from becoming airborne.

STAY INFORMED

Oklahoma State Department of Health

OKC-COUNTY HEALTH DEPARTMENT

THD TULSA HEALTH Department

INFORMATION + UPDATES
CORONAVIRUS.HEALTH.OK.GOV
CALL CENTER: 877-215-8336