THESE 5 STEPS CAN HELP SAVE LIVES.

Let’s stand together to help protect yourself and our community from COVID-19.

STEP 01 Keep a safe distance (6 ft.) from each other.
Practice physical distancing with non-family members by standing about two full-size grocery carts apart.
Tip: If you and your friend both extend your arms and touch, you are too close.

STEP 02 Wash your hands often. (We know you know, but it is that important).
Wash your hands thoroughly with soap and water for 20-30 seconds.
No soap and water? Use hand sanitizer with 60% alcohol.

STEP 03 If you have flu-like symptoms, call your provider first.
If you have a fever or worsening cough, call your health care provider or schedule an appointment on MyChart before going to a walk-in clinic or urgent care.
We have a 24-hour COVID-19 symptom hotline at 319-384-9010.

STEP 04 Need to see a doctor for another reason? We are here for you.
If you have a new or existing health condition, make sure to get the care you need.
Our teams are available by phone, video, or in person. If you have any questions about where to get care, call 800-777-8442 or make an appointment on MyChart.

STEP 05 Thank a hometown hero.
You can show even more support for our front lines by sending us a message on our website or on our Facebook, Twitter, or Instagram. We share your messages with health care teams so they know We Stand Together!

Find even more ways to help at uihc.org

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#InThisTogether