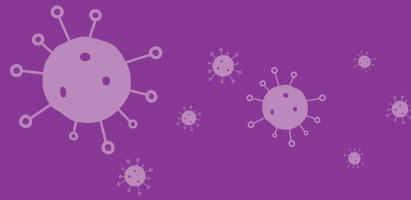
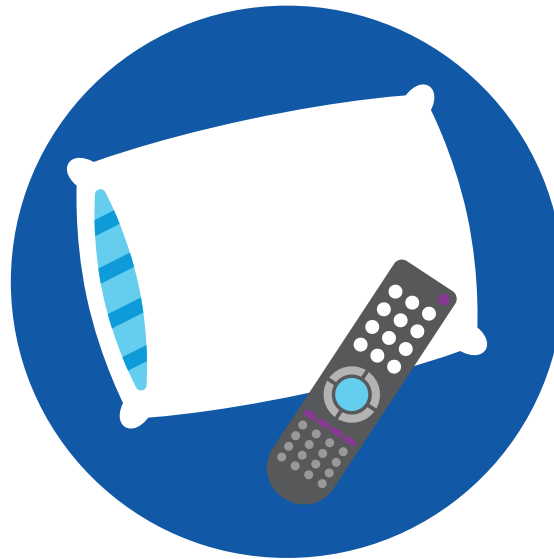


Feel sick? Follow these 3 C's



Call in

If you have work or someplace to be, tell your boss, family and friends by phone that you're staying in.



Cozy up

Get rest and binge-watch your favorite shows. If your symptoms persist or worsen, call (don't visit) your doctor.



Clear liquids

Staying hydrated with water, tea, broth, sports drinks and other clear, non-alcoholic liquids is essential.

Depending on your symptoms, your doctor may recommend testing for COVID-19. If you test positive, you will need to self-isolate at home if symptoms are mild or else receive medical care at a hospital.