Steps to slow the spread of COVID-19

IF YOU FEEL SICK,
stay home. Do not go to work. Call your medical provider or a screening center.

IF YOUR CHILDREN ARE SICK,
keep them at home. Do not send them to school, daycare or to a grandparent or caregiver. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE FOR COVID-19,
follow the instructions you’ve received from the Missoula City-County Health Department.

IF YOU ARE AN OLDER PERSON OR A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION
that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.

IF YOU ARE YOUNG, OR OTHERWISE HEALTHY,
you are still at risk and your activities can increase risk for others. It is critical that you do your part to slow the spread of COVID-19. This means practicing social distancing and staying home as much as possible.

DO NOT VISIT
nursing homes, long-term care facilities, retirement homes or hospitals.

EVERYONE
should practice social distancing and avoid nonessential travel.

EVERYONE SHOULD PRACTICE GOOD HYGIENE:
• Wash your hands, especially after touching any frequently used item or surface.
• Avoid touching your face.
• Sneeze or cough into a tissue, or the inside of your elbow.
• Disinfect frequently used items and surfaces as often as possible.

For the most up-to-date information from UM about COVID-19, visit: umt.edu/coronavirus