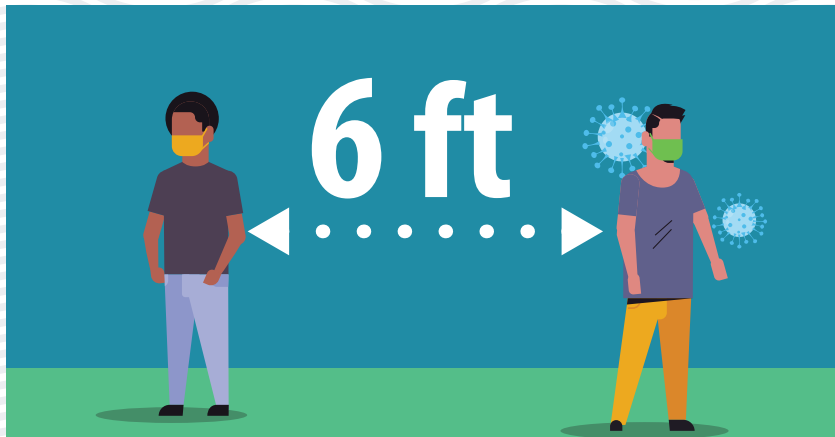


STOP THE SPREAD

HELP PREVENT THE SPREAD OF RESPIRATORY DISEASES LIKE COVID-19.



STAY AT LEAST 6 FEET APART
(about 2 arms' length) from
other people.



COVER YOUR COUGH OR SNEEZE
with a tissue, then throw the tissue
in the trash and wash your hands.



When in public,
WEAR A CLOTH FACE
COVERING over your
nose and mouth.



DO NOT TOUCH
your eyes, nose
and mouth.



CLEAN AND
DISINFECT frequently
touched objects
and surfaces.



STAY HOME WHEN YOU ARE SICK,
except to get medical care.



WASH YOUR HANDS OFTEN
with soap and water for at least
20 seconds.

Source: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus); Centers for Disease Control and Prevention; Reference to specific commercial products, manufacturers, companies, or trademarks does not constitute its endorsement or recommendation by the U.S. Government, Department of Health and Human Services, or Centers for Disease Control and Prevention; This material is available at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for no charge.

WorkSafe™ and WorkHealthy Illinois are programs offered by Crossroads Community Hospital and Heartland Regional Medical Center, helping southern Illinois employers control rising healthcare costs through customized employee wellness, occupational health and workers comp initiatives, and to navigate the unique challenges of COVID-19. WorkSafe guidance is advisory and educational in nature and does not constitute any legal standards or regulations.

24/7 Care Coordination
(618) 731 - 4058

Bilingual coordinators always available.

WorkSafe