



## ILLNESS PREVENTION

This is a rapidly changing public health situation and it's important to stay informed by following reputable sources such as the Centers for Disease Control and the Montana Department of Public Health and Human Services.

The best way to prevent infection from COVID-19 and any respiratory virus is to avoid being exposed to the virus. The same preventative measures that are recommended during cold and flu season will also help to protect against coronavirus:

- Wash your hands thoroughly and often for at least 20 seconds using soap and water
- Avoid touching your eyes, nose, and mouth
- Cover your cough/sneeze with a tissue (or your elbow)
- Stay home if you are sick
- Clean and disinfect frequently touched objects and surfaces
- Wear a mask in public spaces or when social distancing cannot be achieved

If you have traveled to any destination during the past 14 days:

- Monitor your health and practice social distancing. Social distancing means staying out of crowded places, avoiding group gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.
- If you get sick with a fever (100.4°F/38°C or higher), cough, or have trouble breathing:
  - Seek medical advice. Call ahead before going to a doctor's office or emergency room.
  - Tell your doctor about your recent travel and your symptoms.
  - Avoid contact with others.
- Do not travel while sick.

We urge the traveling public to stay informed, seek information from reputable sources, and take preventative measures like washing your hands to protect against COVID-19.