



PARTNERING WITH YOU TO FIGHT COVID-19

Baptist Health Care is here to help keep you and your family healthy and to care for you when you're ill.

TIPS TO STAY SAFE AND HEALTHY

- Wash hands frequently with soap and water for at least 20 seconds, especially after you have been in a public place or after blowing your nose, coughing or sneezing.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching eyes, nose and mouth.
- Cover your mouth and nose with a cloth face cover when around others.
- Stay at least 6 feet away from other people.
- Cover your coughs and sneezes with tissue or elbow. Do not sneeze or cough into your hand because the next surface you touch could become contaminated. Throw away used tissues immediately after use and wash your hands for at least 20 seconds or use a hand sanitizer if soap and water are not available.

AT HOME

- Stay home as much as possible.
- Clean and disinfect surfaces in your home and office including tables, doorknobs, light switches, countertops, handles, desks, phone, keyboards, toilets, faucets and sinks. Visit cdc.gov for a list of effective products to use for disinfection.
- Use drive-thru, pickup or delivery options for food and groceries.
- Avoid unnecessary travel, shopping trips and social visits.

THE IMPORTANCE OF SOCIAL DISTANCING

- Remember that some people without symptoms may be able to spread the virus.
- Stay home as much as possible.
- Avoid social gatherings.
- Stay at least 6 feet away from other people.

WHY YOU SHOULD WEAR A CLOTH FACE COVER

- Cover your mouth and nose with a cloth face cover when around others because you could spread COVID-19 to others even if you do not feel sick.
- Cloth face coverings should fit snugly but comfortably against the side of the face, be secured with ties or ear loops, include multiple layers of fabric, allow for unrestricted breathing and be machine washable.
- When removing your cloth face cover, be careful to not touch your eyes, nose and mouth, and be sure to wash hands immediately after removing.
- Wash your cloth face cover in a washing machine regularly depending on use.
- Visit cdc.gov for more information, including instructions for making your own cloth face cover.

TESTING FOR COVID-19 AT BAPTIST HEALTH CARE

- Two screening centers, one in Escambia County and one in south Santa Rosa County.
- Comprehensive screening for COVID-19 and treatment for flu-A, flu-B, pneumonia and other respiratory illnesses.
- If you have cough, fever and shortness of breath, call 850.434.4080 to determine if you need an appointment with the screening center.

ONLINE ASSESSMENT SCREENINGS

You can now complete an online assessment screening using your smartphone, tablet or computer from the comfort of your own home.

- Visit eBaptistHealthCare.org or text "Screen" to 850.318.3080.
- Available 24 hours a day, seven days a week.
- If your assessment indicates a need for further testing, you will receive a phone call from a Baptist team member who will schedule an appointment.

WAYS TO HELP

Thank you to all who have supported our team members as they continue to care for patients! From meals delivered to our caregiver staff to words of encouragement to people throughout the organization, we greatly appreciate our community's outpouring of love and support. If you or your business would like to help, visit the Baptist Health Care Foundation website for ideas on how you can make a difference. With your support, we are changing lives and saving lives every day.

BaptistHealthCareFoundation.org/ways-to-help

RESOURCES

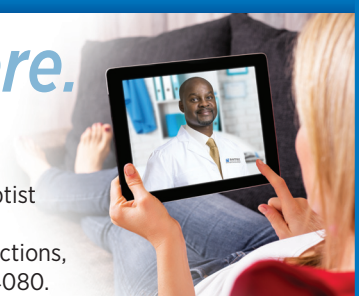
CDC.gov
 eBaptistHealthCare.org
[facebook.com/BaptistHealthCare](https://www.facebook.com/BaptistHealthCare)
Escambia County Health Department: 850.595.6500
 After hours and weekends: 850.418.5566
Santa Rosa County Health Department: 850.983.5200
Florida Department of Health COVID-19
 Call Center: 1.866.779.6121

NOW OFFERING TELEHEALTH

RECEIVE CARE. *anywhere.*

BAPTIST TELEHEALTH

Schedule a telehealth appointment with primary care providers and specialists of Baptist Medical Group, Baptist Heart & Vascular Institute and Andrews Institute. Visit eBaptistHealthCare.org to follow the simple online directions, call your Baptist Health Care provider or call 850.434.4080.



eBAPTISTHEALTHCARE.ORG

