



COVID-19 PREVENTION METHODS

The best way to protect yourself and loved ones from contracting the novel Coronavirus (known as COVID-19) is by using the same six daily habits that help prevent the spread of many viruses, including the common cold and the flu:

- Physical Contact: Avoid close contact with people who are sick.
- Keep Hands Clean: Wash your hands often with soap and warm water for 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.
- Avoid Touching Face: Try to avoid touching your eyes, nose, and mouth with unwashed hands.
- Have a Cough or Cold? Cough or sneeze into a tissue or your elbow, not your hand.
- Clean Surfaces: Clean and disinfect touched objects and surfaces frequently.
- Feeling Sick? Stay home when you are sick (and keep sick children home from school).

In addition to these six habits, if you are at higher risk for complications from COVID-19, strongly consider avoiding large social gatherings. People are at higher risk of experiencing more serious disease from a COVID-19 infection if they are 65 years of age or older, or if they have serious chronic medical conditions, including diabetes, heart disease, or lung disease.

You can find the most up-to-date information here: <https://coronavirus.utah.gov/>

TREATMENT AND ACCESSING CARE

To help keep our clinics safe and healthy for everyone, if you do have:

- **Fever**
- **cough and/or shortness of breath**
- **and recent close contact with a COVID-19 patient or recent travel to an area where COVID-19 is active**

Cedar City

440 North Paiute Dr.
435.867.1520

Richfield

440 South Main St.
435.893.6800

Kanosh

157 North Reservation Dr.
435.759.2610

St. George

1449 N 1400 W Unit 19
435.688.7572

Shivwits Ivins

6109 West 3700 North
435.688.7572



[Call the clinic first](#) to let them know your symptoms and situation. The clinic may have special instructions for you. Please understand that testing for COVID-19 is very limited and only individuals meeting specific criteria will be tested at this time. If your symptoms are mild, please stay home and follow the [CDC's recommended guidance](#) to minimize exposure to others. See below for further information, categorized by symptoms.

- **No Symptoms:** If you have general questions about COVID-19 please call the Utah Coronavirus Information Line at [1-800-456-7707](tel:1-800-456-7707).
- **Mild Symptoms:** Stay home if you have mild symptoms. Follow the [CDC's recommended guidance](#) measures to help reduce spread.
- **Severe Symptoms:** If you're experiencing life-threatening, severe symptoms, dial 9-1-1.

Learn more by visiting [Utah Department of Health's COVID-19 FAQ](#)

ADDITIONAL RESOURCES

[CDC Coronavirus Disease 2019 \(COVID-19\)](#)

[CDC Handwashing Information](#)

[CDC Travel Information](#)

[CDC Information for Healthcare Professionals](#)

[W.H.O Coronavirus disease \(COVID-19\)](#)



FourPoints
HEALTH

Owned and Operated by the Paiute Indian Tribe of Utah

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