

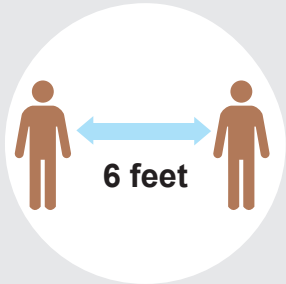
## HELP PREVENT THE SPREAD OF COVID-19



Wash your hands often with soap and water for at least 20 seconds.



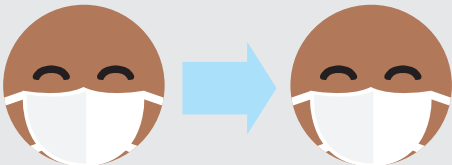
Wear a cloth face mask when around others.



Practice social distancing—Stay at least 6ft. (about 2 arms' length) from other people

## A FACE MASK HELPS SLOW THE SPREAD

Lowest chance of infection



COVID-19 Carrier

Healthy Person

## WHERE TO GO FOR CARE

### COVID-19 CARE

If you are experiencing symptoms of COVID-19 or have been exposed to someone with COVID-19, please call 211. Symptoms may include: cough, shortness of breath or difficulty breathing, fever/chills, muscle pain, headache, sore throat, loss of taste or smell.

### CARE FOR EVERYTHING ELSE

Broadlawns Medical Center, located at 1801 Hickman Road, is here for your healthcare needs. Please call ahead before visiting a clinic.

- Broadlawns Family Health Center: (515) 282-2334
- Broadlawns Primary Care Clinic: (515) 282-2273
- Main Broadlawns Number: (515) 282-2200

## RESOURCES

### COVID-19

- **United Way of Central Iowa's 211 number is FREE to call and can provide information regarding COVID-19, mental healthcare, food assistance and other community resources. Available 24/7/365.**
- **Refugee Alliance of Central Iowa: 877-558-2609**  
COVID-19 information is available in the following languages: Spanish, Arabic, Bosnian, Swahili, Kinyarwanda, Kirundi/Kinyamulenge, French, Burmese, Karen, Karenni, Nepali, Somali, Tigrinya, Kunama, Amharic, Nuer, Maban, Vietnamese, Mandarin Chinese, Hakha Chin
- **Centers for Disease Control & Prevention:** [www.cdc.gov/coronavirus/2019-ncov/](http://www.cdc.gov/coronavirus/2019-ncov/)
- **Iowa Department of Public Health:** [www.idph.iowa.gov/emerging-health-issues/novel-coronavirus](http://www.idph.iowa.gov/emerging-health-issues/novel-coronavirus)
- **Broadlawns Medical Center:** [www.broadlawns.org/coronavirus](http://www.broadlawns.org/coronavirus)



**HEALTHIER  
TOGETHER**

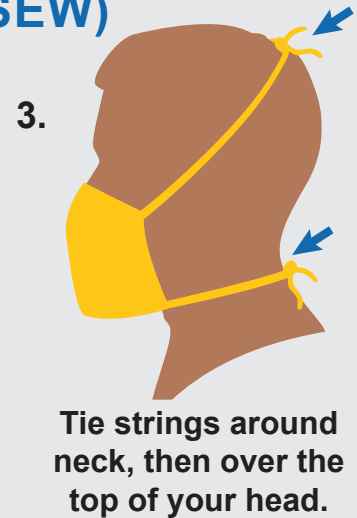
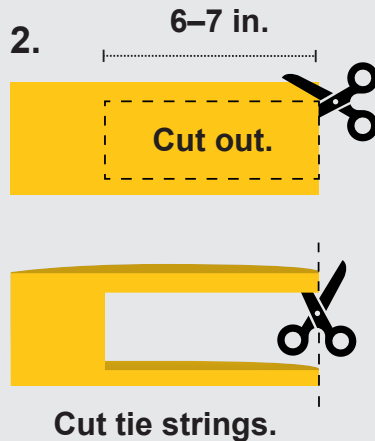
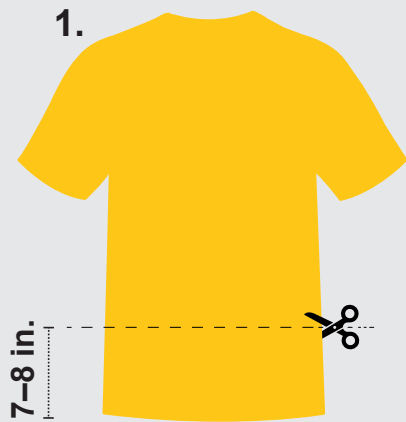
It's A Win For All



# MAKE YOUR OWN MASK

## USE A T-SHIRT TO MAKE A MASK (NO SEW)

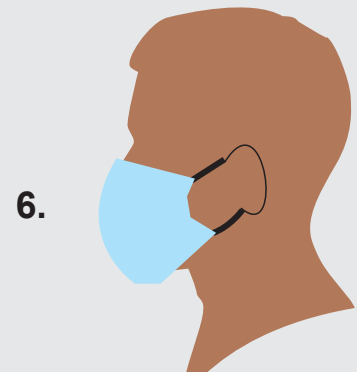
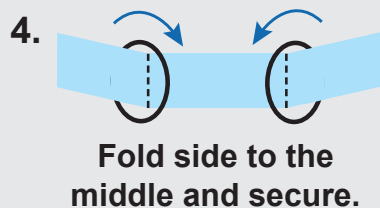
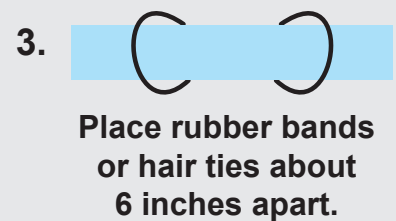
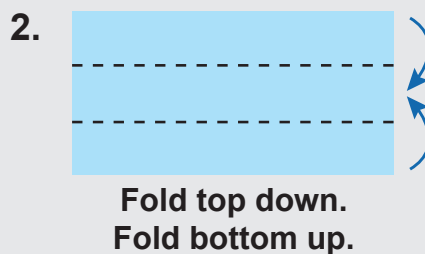
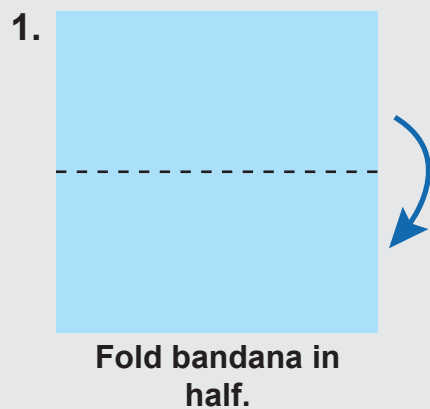
Materials needed: T-shirt, scissors



OR

## USE A BANDANA TO MAKE A MASK (NO SEW)

Materials needed: Bandana (or square cotton cloth approximately 20"x20"), rubber bands (or hair ties), scissors (if you are cutting your own cloth)



Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

# MASK DO'S AND DON'TS

## DO:

- ✓ Make sure you can breathe through it
- ✓ Wear it when out in public
- ✓ Make sure it fits snugly and covers your nose and mouth
- ✓ Wash after using

## DON'T:

- ✗ Use on children under age 2 or anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- ✗ Touch the front of the mask when wearing