



Human Resources
My Health Matters!

Precautions to stay healthy



WASH YOUR HANDS

Wash hands with soap and warm water for 20 seconds. Avoid touching your eyes, nose, or mouth with unwashed hands.



COVER YOUR COUGH

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



STAY HOME IF..

You are sick, except to get medical care. Separate yourself from other people and animals in your home.



CALL YOUR DOCTOR

Kaiser and Blue Shield members can take advantage of telemedicine to receive treatment.

KAISER

Telemedicine

Fontana and Ontario Medical Center - (888) 750-0036

Riverside and Moreno Valley - (866) 984-7483

www.kp.org

BLUE SHIELD

Teledoc

(800) 835-2362

www.teladoc.com/bsc

