

Get Safely Screened During COVID-19

10 STEPS

- 01 Plan ahead - ask your doctor's office about the facility's COVID-19 safety rules and regulations before your visit.
- 02 Wear Personal Protective Equipment (PPE) to your appointment - a mask, face covering and/or face shield.
- 03 Wash your hands frequently and avoid touching your eyes, nose and mouth.
- 04 Cover your cough using the bend of your elbow or a tissue - then throw the used tissue in the trash.
- 05 Avoid sharing personal items, crowded areas and contact with anyone that has a fever, cough or COVID-19 symptoms.
- 06 Stay at home if you feel unwell - remember to call your doctor to discuss your options.
- 07 If you have a fever, cough and/or difficulty breathing, seek medical care early — remember to call ahead.
- 08 Plan to go alone into medical facilities and leave children and high risk family members at home.
- 09 Use telemedicine to talk to your doctor about your screening options, your risk, changes in your breasts, underarms and health. If you are a current patient, ask about using telemedicine to discuss treatment or surgery options with your medical team.
- 10 Get information from trusted sources.

