

MONTH Of Potential Virus Exposure

YEAR 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**SELF-HELP TIP:**

**DON'T RELY ON YOUR MEMORY TO HELP  
MEDICAL PERSONNEL TRACK THE SPREAD  
OF COVID-19!**

Here's a simple thing you can do to help medical personnel in your area. Begin to keep track of your own and your family members' movements in a calendar (electronic or paper). Every day, note where you have gone, who you saw, and if anyone was coughing while you were there. If you or a family member are exposed and/or test positive, give a copy to your doctor.

Your daily record could expedite tracking the spread of the virus, and help prevent more cases of Covid-19.

**It's simple. Do it. You might save lives.**