Don’t put off necessary medical appointments. Life has to continue even where COVID-19 is spreading. Here’s how to stay safe.

**Reduce Your Risk**
Call to check if a phone or telemedicine consultation is possible and appropriate. If not, schedule your appointment in advance.

**Before You Go Out**
Always check on local regulations. Bring sanitizer and wear your mask. If you are in a high-risk group, wear a medical mask.

**While Waiting for Your Appointment**
Avoid crowded settings, maintain physical distance or ask to sit in a less crowded space.

Remember, it’s always safer to know your risk. Lower your risk.