Your health and well-being is everything to us.

Get support and answers about coronavirus.

At Oak Street Health, we’re designed to help you through this time, providing answers and care that can save you from worry. It’s important to stay informed, and to contact your provider if you’re experiencing symptoms, such as high fever and trouble breathing.

We’re always here for you:
- 24/7 patient support line
- Help with your Medicare questions
- Transportation available to and from Oak Street Health appointments*

For current updates go to oakstreethealth.com/coronavirus

For questions about coronavirus call (888) 312-5812

*Transportation available to and from Oak Street Health appointments for eligible individuals.
Properly washing your hands with soap and water can help keep you healthy. Clean hands act as barriers for germs trying to enter your system and make you sick. Follow these steps below for proper handwashing:

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Use bar soap, liquid soap or when they aren’t available, alcohol-based hand sanitizer that contains at least 60% alcohol. It’s important to keep your hands clean throughout the day. So make sure you wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal feces (poop)
- After touching garbage
- If your hands are visibly dirty or greasy

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