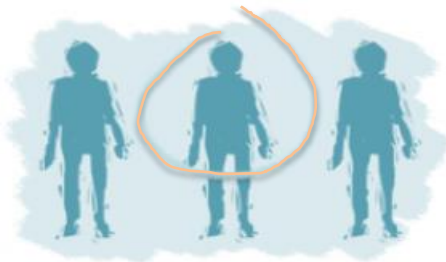


Preparing for COVID-19: 3 THINGS TO KNOW

This is a challenging time. Many things are out of our control. But there are some steps you can take to be prepared in case you or a loved one become seriously ill with COVID-19.



1

Pick someone to be your health care decision-maker

Choose someone you trust to make decisions for you if you become too sick to make them yourself.



2

Talk about what matters most to you

Talk to those who matter most to you about what matters most to you.



3

Think about what you would want if you became seriously ill with COVID-19

Think about what worries you most about becoming seriously ill, what's most important to you, and what kind of treatments you would want.