COVID-19

+ **Wash your hands:**
  - Wash your hands with soap and water for at least 20 seconds.

+ **Cover your mouth and nose:**
  - When you cough or sneeze, cover your mouth and nose with a flexed elbow or a tissue.
  - Clean and disinfect used tissues immediately.

+ **Avoid touching your face:**
  - Avoid touching your eyes, nose, and mouth.

+ **Stay home if you are sick:**
  - If you have symptoms of COVID-19 (fever, cough, or difficulty breathing), stay home and call public health.

+ **Wear a face covering:**
  - Wear a face covering in public settings where other distancing measures are difficult to maintain.

COVID-19 is a serious public health emergency. Stay informed and practice good hygiene. www.cdph.ca.gov/covid19 capublichealth@