COVID-19
(Coronavirus Disease 2019)

The California Department of Public Health recommends the following steps to prevent the spread of all respiratory viruses:

WASH. YOUR. HANDS.
Wash your hands with soap and water regularly.

Cover a cough or sneeze
Cover your cough or sneeze with your sleeve or disposable tissue.

Don’t touch
Avoid touching eyes, nose or mouth with unwashed hands.

Keep your distance
Avoid close contact with people who are sick.

Stay home
If you experience respiratory symptoms like a fever or cough, stay home.

Get help
If you experience symptoms of COVID-19, CALL your health care provider.

More information
Follow the California Department of Public Health: @capublichealth and www.cdph.ca.gov/covid19