

# COVID-19

Protect yourself  
and loved ones

Help prevent the spread of respiratory diseases like COVID-19

## + WASH YOUR HANDS

Wash your hands with soap and warm water regularly.



## + COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.



## + DON'T TOUCH

Avoid touching eyes, nose or mouth, especially with unwashed hands.



## + KEEP YOUR DISTANCE

Avoid close contact with people who are sick.



## + STAY HOME

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



## + GET HELP

If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.



### MORE INFORMATION

Follow the California Department of Public Health:  
@capublichealth and [www.cdph.ca.gov/covid19](http://www.cdph.ca.gov/covid19)



Check your understanding

TRUE or FALSE:

- Wash your hands with water.

T ☐ F ☐

- Do not use your sleeve when coughing or sneezing.

T ☐ F ☐

- Keep distance from people sick.

T ☐ F ☐

- Touch eyes, nose, mouth with unwashed hands.

T ☐ F ☐

- Stay home if you have respiratory symptoms.

T ☐ F ☐

- Ask for medical assistance if you experience symptoms.

T ☐ F ☐