

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



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