COVID-19
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