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)
Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Avoid close contact with people who are sick.

Avoid touching your eyes, nose, and mouth.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19
Wash Your Hands!

Dirty!

Get Soap

Wet

Scrub

Rinse

Dry

Clean!

www.cdc.gov/handwashing
Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

Clean your Hands after coughing or sneezing.

Wash hands with soap and warm water or clean with alcohol-based hand cleaner.

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