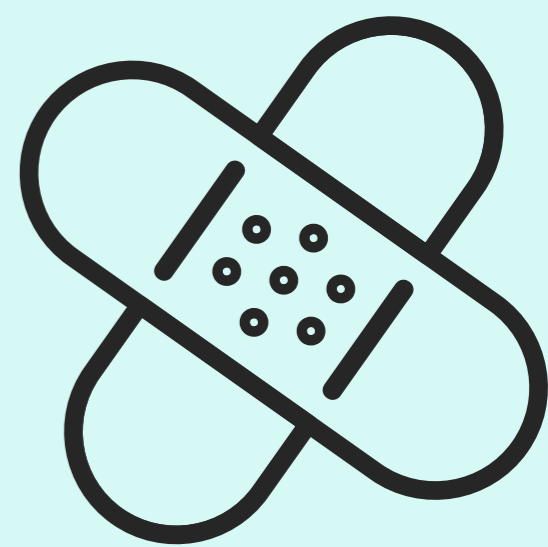# COVID-19

(Coronavirus Disease 2019)

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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

California Department of
PublicHealth