HELP PREVENT THE SPREAD OF NOVEL CORONAVIRUS (COVID-19)

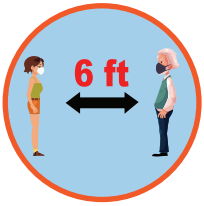
COVID-19 is a respiratory illness caused by a new coronavirus.
Symptoms include: cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, body aches, sore throat, new loss of taste or smell.
Visit CDC.gov/coronavirusfor a complete list of symptoms.

To help prevent the spread of the virus and protect yourself, follow these recommendations:

Wash your hands or use hand sanitizer often.

Avoid sharing personal household items.

Stay home and keep your distance from others in the home if you are sick.



Maintain at least 6 feet between you and others.

Avoid touching eyes, mouth and nose with unwashed hands.

Cover your cough or sneeze with a tissue, then throw it in the trash and wash your hands.

Use a face covering if you leave your home.

Clean and disinfect household surfaces often.

For questions talk to your health care provider or call 2-1-1

For latest updates, visit:
www.coronavirus-sd.com

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO

7/30/2020