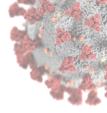
## HELP PREVENT THE SPREAD OF COVID-19





Stay up-to-date with vaccines



Get tested if exposed or feel sick



Improve ventilation



Practice good hand hygiene



Stay home if sick or tested positive



Follow recommendations if exposed



Wear a well fitting mask or N95 respirator



Put more space between yourself and others

If you have health concerns, talk to your healthcare provider. If you do not have a healthcare provider, call 2-1-1 San Diego to find a healthcare provider near you.

Updated 1-26-2023

For the latest updates, visit:







