

TIPS TO STOP THE SPREAD OF COVID-19



Get vaccinated.

COVID-19 vaccines are the **most effective** form of prevention available to protect yourself and others from serious illness if infected. Talk to your **doctor** if you have questions.



Play it safe in public.

Reduce the risk of COVID-19 and other diseases – **keep a mask handy** for when you need to cover up, **watch your distance** around people you don't live with, and **wash your hands** often.



Get tested.

Check for infection **3-5 days** after a suspected exposure, **regardless of vaccination status**. Testing is also recommended if you have symptoms – **especially if you have a cough, sore throat, and fever**. Stay home while waiting for test results and do not mingle with others until you know you are not infected and have recovered.



Stay home if you are ill or tested positive for COVID-19.

If you are not feeling well, or have tested positive (**regardless of symptoms**), monitor how you feel, and keep away from others while you rest and recover.



Practice healthy habits.

Take care of yourself to **boost your immune system and mental health**. Balance COVID-19 safe habits with self-care practices, such as healthy eating, being active, and staying connected.

Find no-cost vaccination and testing sites at coronavirus-sd.com.

Call 2-1-1 for general questions or appointment assistance.



Fátima Muñoz

San Ysidro Health

COVID-19 Medical Responder

