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
Visit: www.santacruzhealth.org/coronavirus or Text COVID19 to 211-211