

What You Need To Know About Novel (New) Coronavirus



IF YOU HAVE TRAVELED

Travel to countries where the novel coronavirus is circulating.

Watch for symptoms

Closely monitor your health for 14 days after you have returned. Symptoms of this virus include fever, cough or shortness of breath.

Avoid spreading germs: Do not go to an emergency department unless your symptoms are severe, such as having trouble breathing.

If you do not have symptoms

If you begin to get symptoms, stay home, wear a mask and call your healthcare provider. Tell them your travel history and your symptoms.

If you do have symptoms

If you are sick with fever, cough or shortness of breath, you should:

- Call your healthcare provider right away. If you need to go to a doctor's office, call ahead, wear a mask and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- In addition to wearing a mask, wash your hands often with soap and water for at least 20 seconds to limit the spreading the virus to others.

IF YOU HAVE NOT TRAVELED

You can protect yourself and others from any respiratory virus.

- Wash your hands with soap and water, rub for at least 20 seconds.
- Keep tissues and hand sanitizer in your car, purse, backpack and other places.
- Avoid shaking hands.
- Don't cough or sneeze into your hands. Use a tissue or sneeze into you sleeve or arm.
- Avoid touching your face, especially your eyes, nose and mouth.
- Stay home if you are sick with any respiratory symptoms, such as fever, cough or shortness of breath, or if you are feeling tired.
- Avoid large gatherings of people.

Wear a mask if you feel ill

If you have a cold, flu or other viruses, you can protect family, friends and coworkers from your germs by wearing a mask.

Stay Informed

**County of Santa Cruz
Public Health Division
santacruzhealth.org/coronavirus**

If you are feeling anxious **1-855-278-4204** is an anonymous crisis line available 24 hours, 7 days a week.

Text **RENEW to 741 741** (Press 2 for Spanish).



Public Health
Prevent. Promote. Protect.
Santa Cruz County