

# Continue the Fight Against COVID-19!

It is important we all do our part to keep our community safe.  
Protect yourself and those you love from COVID-19.

## Lower Your Risk

**Wear a face covering**  
over your nose  
and mouth



**Wash your face covering**  
**at the end of the day**  
if your face covering is fabric



**When visiting with people not in your household**

Stay a short  
amount of time

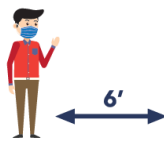


Visit  
Outdoors



**If you share transportation with others**

- Wear a face mask
- Lower your window  
to bring in fresh air



**Stay 6 feet away from others**  
even when you are wearing a  
face covering

**Clean and disinfect**  
**shared surfaces often**



**Wash or sanitize**  
**your hands often**



**Stay home** except to  
go to work, run errands,  
or exercise outdoors



## Avoid High Risk Activities

**Large gatherings and parties**



**Gathering indoors**  
with people not  
from your  
household



**Physical contact**  
**with others**



**Sharing food and drinks**  
with people not from your  
household



**Visiting others**  
**when sick**



**The risk of spreading COVID-19 goes up when around large groups.**

If you attend a large gathering: Wear a face covering, wash or sanitize your hands often, social distance with others, and monitor yourself for symptoms.

For more information, call 831-454-4242 or visit [www.santacruzhealth.org/coronavirus](http://www.santacruzhealth.org/coronavirus)

