## What You Need To Know About Novel (New) Coronavirus

<table>
<thead>
<tr>
<th>IF YOU HAVE TRAVELED</th>
<th>IF YOU HAVE NOT TRAVELED</th>
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<tbody>
<tr>
<td>Travel to countries where the novel coronavirus is circulating.</td>
<td>You can protect yourself and others from any respiratory virus.</td>
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| **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. | • Wash your hands with soap and water, rub for at least 20 seconds. |
| **Avoid spreading germs:** Do not go to an emergency department unless your symptoms are severe, such as having trouble breathing. | • Keep tissues and hand sanitizer in your car, purse, backpack and other places. |
| **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. | • Avoid shaking hands. |
| **If you do have symptoms**
If you are sick with fever, cough or shortness of breath, you should: | • Don’t cough or sneeze into your hands. Use a tissue or sneeze into your sleeve or arm. |
  • 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 touching your face, especially your eyes, nose and mouth. |
  • Avoid contact with others. | • Stay home if you are sick with any respiratory symptoms, such as fever, cough or shortness of breath, or if you are feeling tired. |
  • 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. | • 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

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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).*