COVID-19 (Coronavirus Disease 2019)

The California Department of Public Health recommends the following steps to prevent the spread of all respiratory viruses:

**WASH. YOUR. HANDS.**
Wash your hands with soap and water regularly.

**Cover a cough or sneeze**
Cover your cough or sneeze with your sleeve or disposable tissue.

**Don’t touch**
Avoid touching eyes, nose or mouth with unwashed hands.

**Keep your distance**
Avoid close contact with people who are sick.

**Stay home**
If you experience respiratory symptoms like a fever or cough, stay home.

**Get help**
If you experience symptoms of COVID-19, CALL your health care provider.

**More information**
Santa Cruz County Health Services Agency: www.santacruzhealth.org/coronavirus or text COVID19 to 211-211