Health Tips for Coronavirus COVID-19

Stay at home.
Only leave to:
- Get food.
- Go to the doctor.
- Care for a sick relative.
- Go to an essential job.
- Get exercise - 6 feet from others.

Wash your hands often.
- Use soap and warm water.
- Rub for at least 20 seconds.
- If you don't have soap and water, use hand sanitizer.

Cover coughs and sneezes.
- Use your elbow or a tissue.
- Throw the tissue out.
- Wash your hands.

Don’t touch your face.
- Keep hands away from your eyes, nose and mouth.

Stay 6 feet away from people you don't live with.
- No visitors or meeting with friends.
- Do not gather in groups.

Clean and disinfect things you touch often.
- This may include counters, your cell phone and car keys.

If you are sick…
- If you have a mild fever, cough or shortness of breath, stay home.
- Stay away from other family members.
- If symptoms worsen or you have trouble breathing, call your doctor.
- If you don’t have a doctor, call 2-1-1.

For more information, go to www.santacruzhealth.org/coronavirus.