COVID-19

Help prevent the spread of respiratory diseases like COVID-19

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

+ COVER A COUGH OR SNEEZE
Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.

+ DON’T TOUCH
Avoid touching eyes, nose or mouth, especially with unwashed hands.

+ KEEP YOUR DISTANCE
Avoid close contact with people who are sick.

+ STAY HOME
If you experience respiratory symptoms like a cough or fever, stay home.

+ GET HELP
If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.

MORE INFORMATION
Follow the California Department of Public Health: @capublichealth and www.cdph.ca.gov/covid19

www.mtyhd.org/covid19