

PROTECT YOURSELF, PROTECT YOUR FAMILY & FRIENDS

Tips to Slow the Spread of COVID-19



**Keep 6
Feet Apart**



**Cover Your
Face**



**Wash Your
Hands**



**Stay Home
if Sick**

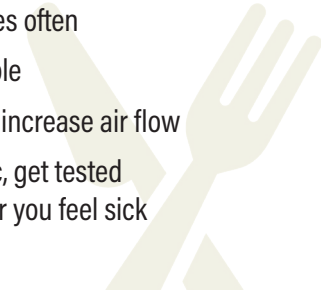
AT HOME:

- ☐ Limit activities away from home
- ☐ Clean "high-touch" surfaces often
- ☐ Do not share personal items (food, dishes, utensils, cups, towels or bedding)
- ☐ Open doors & windows to increase air flow
- ☐ Move beds at least six feet apart



AT WORK:

- ☐ Do not share work spaces, tools or equipment
- ☐ Clean "high-touch" surfaces often
- ☐ Work outside when possible
- ☐ Open doors & windows to increase air flow
- ☐ If you work with the public, get tested once a month or whenever you feel sick



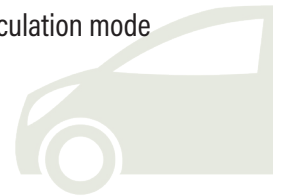
WITH FAMILY & FRIENDS:

- ☐ Wave hello instead of hugging or kissing
- ☐ Meet outside & limit group size
- ☐ Do not serve buffet-style
- ☐ Do not share items (food, drinks, dishes, cups, utensils, playing cards, etc.)
- ☐ Do not sing, chant, or shout
- ☐ Clean "high-touch" surfaces often



TRAVELING WITH OTHERS:

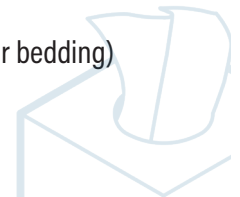
- ☐ Limit the number of passengers when possible
- ☐ Avoid touching surfaces
- ☐ Increase air flow — open windows or set the air ventilation to non-recirculation mode
- ☐ Wash or sanitize hands when you get to your destination



IF YOU FEEL SICK:

- ☐ Stay home for at least 10 days
- ☐ Schedule a no-cost test: call (844) 421-0804 or visit cchealth.org/coronavirus
- ☐ Avoid public areas & public transportation
- ☐ If you feel worse, call your doctor or the free county advice nurse at (877) 661-6230

- ☐ Use a separate bedroom & bathroom, if you can
- ☐ Cover coughs & sneezes & throw tissues away quickly
- ☐ Do not share personal items (food, dishes, utensils, cups, towels or bedding)
- ☐ Clean "high-touch" surfaces often



THIS IS NOT EASY.

If you need help, call 211 or visit cccc.myresourcedirectory.com to be connected to more than 1,600 services & programs.

RESPONSE
Coronavirus (COVID-19)

CONTRA COSTA
HEALTH SERVICES

