

PROTECT YOURSELF, PROTECT YOUR FAMILY & FRIENDS



Keep 6
Feet Apart



Cover Your
Face



Wash Your
Hands



Stay Home
if Sick

Tips to Slow the Spread of COVID-19

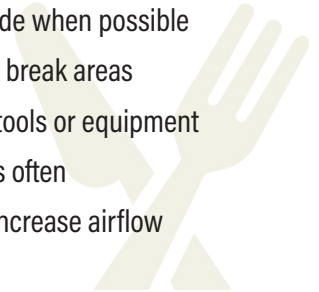
AT HOME:

- 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 airflow
- Move beds at least 6 feet apart



AT WORK:

- Stagger shifts & break times
- Work and take breaks outside when possible
- Keep 6 feet apart in work & break areas
- Do not share work spaces, tools or equipment
- Clean "high-touch" surfaces often
- Open doors & windows to increase airflow



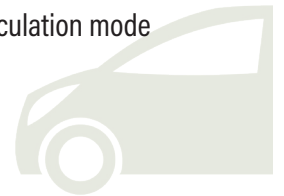
WITH FAMILY & FRIENDS:

- 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:

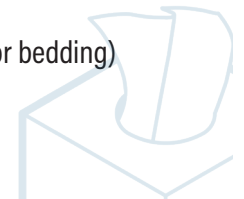
- Limit the number of passengers when possible
- Avoid touching surfaces
- Increase airflow — open windows or set the air ventilation to non-recirculation mode
- Wash or sanitize hands when you get to your destination



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

