COVID 19 CORONAVIRUS DISEASE

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Avoid touching your eyes, nose, and mouth.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

CDC
DEPARTMENT OF HEALTH & HUMAN SERVICES-USA

San Joaquin County
Public Health Services
health grows here
www.sjcphs.org

For more information: www.cdc.gov/COVID19

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