

QUESTIONS ABOUT CORONAVIRUS?

WHAT IS CORONAVIRUS?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person by close contact and respiratory droplets (coughing)

HOW SHOULD I PROTECT MYSELF?

Coronavirus is spread from person-to-person, so stay home when possible and avoid large crowds.
Wash your hands with soap and water for at least 20 seconds. Avoid touching your face, and disinfect frequently touched surfaces and objects.

WHAT ARE THE SYMPTOMS OF COVID 19?

Symptoms of COVID-19 include fever, coughing, shortness of breath, difficulty breathing, persistent pain or pressure in the chest

WHAT IF I THINK I MAY HAVE CORONAVIRUS?

If your symptoms match those of the Coronavirus, please remain in your home and call your doctor.
Be sure to call ahead before visiting your doctor so they may take necessary precautions. For many, COVID-19 symptoms are mild.

IN CASE OF ILLNESS IN THE HOME OR DISRUPTION OF DAILY ACTIVITIES:

Consider 2-week supply of prescription and over the counter medications, and other essentials. Know how to get food delivered if possible. Establish ways to communicate with others (family, friends, co-workers).
Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.

LEARN MORE...

The best way to protect you and your family is to stay away from crowds and to stay updated and informed by credible sources.
Visit the California Coronavirus Response website to learn more:
<https://covid19.ca.gov/>