



# HELP PREVENT THE SPREAD OF NOVEL CORONAVIRUS (COVID-19)

COVID-19 is a respiratory illness caused by a new coronavirus.

**Symptoms include coughing, fever and shortness of breath.**

To help prevent the spread of the virus and protect yourself, follow these recommendations:



Wash your hands or use hand sanitizer often.



Avoid close contact with people who are sick.



Keep your distance from others when you are sick.



Avoid touching eyes, mouth and nose with unwashed hands.



Cover your cough or sneeze with a tissue, then throw it in the trash and wash your hands.



Eat healthy foods and drink plenty of fluids.

For questions talk to your health care provider or call 2-1-1

For latest updates visit:  
[www.coronavirus-sd.com](http://www.coronavirus-sd.com)



COUNTY OF SAN DIEGO  
**HHSA**  
HEALTH AND HUMAN SERVICES AGENCY

**10**  
LIVE WELL  
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# What You Need To Know About Coronavirus

**Novel coronavirus, or COVID-19, is a new global disease.**

This virus presents symptoms that resemble the flu:

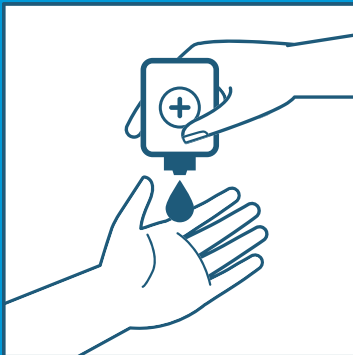
- Fever
- Cough (Usually Dry)
- Shortness Of Breath

At this time, there is no vaccine. Prevention is important.

- Wash Your Hands Frequently
- Use Hand Sanitizer If Soap And Water Are Not Available
- Don't Share Unwashed Utensils
- Avoid Shaking Hands

**If you are experiencing symptoms, please immediately contact your health care provider, tell an outreach worker or call 2-1-1 for information on how to find a health care provider.**

## HOW TO USE HAND SANITIZER



APPLY THE PRODUCT ON  
THE PALM OF ONE HAND



RUB HANDS TOGETHER



COVER ALL SURFACES  
UNTIL HANDS FEEL DRY  
(20 SEC)

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