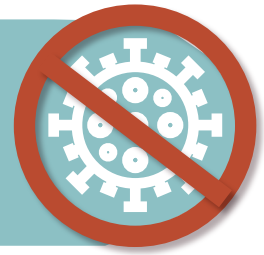


COVID-19: TOP 10 PREVENTION TIPS



HOW DO I PREVENT GETTING COVID-19?

Clean your hands often.



Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.

Avoid close contact with people who are sick.



If you have been in large crowds or around new people, stay away from the vulnerable until you are absolutely sure you did not contract the virus.

Remember to keep 6 feet between yourself and others.



Six feet is the equivalent of two shopping carts or a small car!

Wear a cloth face cover over your mouth and nose when in public.



Cloth face coverings should not be placed on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask.

Cover your cough or sneeze with a tissue.



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

Clean and disinfect frequently touched surfaces daily.



Doorknobs, counters, cell phones, faucets, restroom fixtures and light switches are among the most frequently touched objects of daily living.

Stay at home as much as possible especially when not feeling well.



Staying home is still one of the most important COVID-19 preventative measures.

Avoid touching your mouth, nose and eyes with unwashed hands.



Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.

Be alert for symptoms of COVID-19.



Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

Take your temperature if symptoms develop.



Do not take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.

For more information about how you can prevent getting and spreading the coronavirus and what steps the County of Santa Barbara Department of Public Health is taking to protect our communities, please visit: <https://publichealthsb.org/>