PROTECT YOURSELF AND THOSE AROUND YOU

PREVENT THE SPREAD OF COVID-19
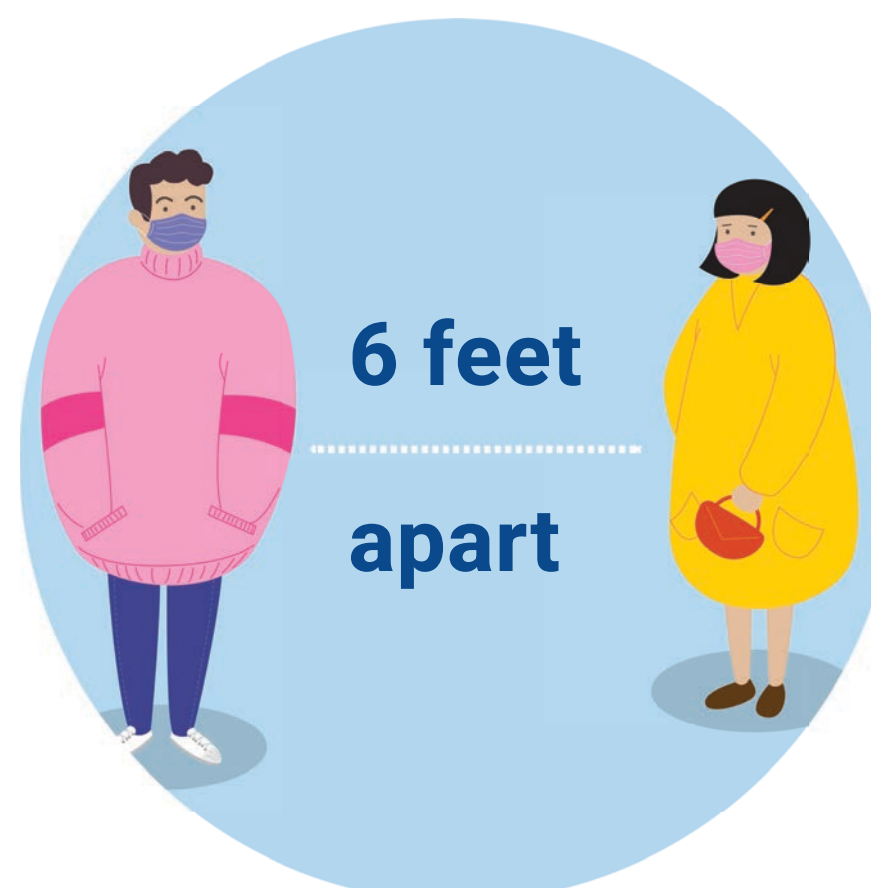
OC health CARE AGENCY

Whether at home or at work, you can protect yourself and others from COVID-19 with these steps.

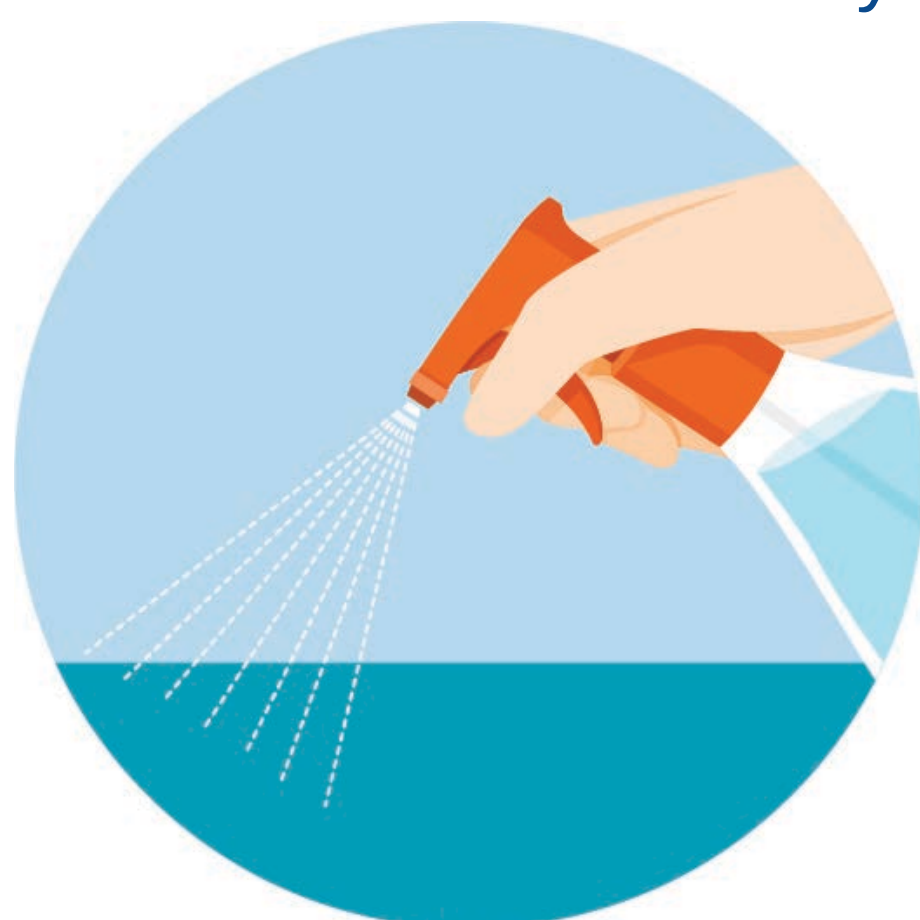**Stay home** if you are sick. Do not go to work.

Wear a face cover at work or in public and can't stay 6 feet apart, or if you are sick at home and you are around others.

Keep your distance from others. Stay at least 6 feet apart.

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

Clean and disinfect often, especially "high-touch" surfaces like phones, counters, and doorknobs.

Cover coughs and sneezes with your arm or use a tissue. Throw used tissue into trash.

Avoid touching your face.

How to Stay Safe in Large Households

- **Limit errands** and choose only one or two people to do the essential errands for the whole house.

- **Keep your distance at home** and avoid hugging, kissing, or sharing food or drinks.

- **Keep people separated** from anyone who is sick. Try to keep any sick person 6 feet apart from others in the home and have them wear a face cover.

- **Avoid having visitors** come to the home.

How to Stay Safe at Work

- **Wear a face cover at work,** if you are able to.

- **Keep a safe distance as much as you can,** at least 6 feet.

- **Avoid sharing items** with co-workers.

- **Clean and disinfect** your workspace and shared equipment often.

FREE COVID-19 TESTING
If you think you or someone at home or work has COVID-19 and would like to get tested, visit **ochealthinfo.com/covidtest** to find where you can get tested.

COVID-19 RESOURCES
For more information on help with getting food, losing a job, trouble paying rent, or getting medical care, visit **covid19info.ocgov.com**.

For more COVID-19 information, please visit www.ochealthinfo.com/novelcoronavirus or call the OC Health Care Agency's Health Referral Line at (800) 564-8448.

6/30/2020