

COVID-19: 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. Throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.



Avoid touching your eyes, nose, and mouth.



Wear a cloth face covering when in public.



Avoid unnecessary physical contact.



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



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



Additional information from the Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/> and from the Santa Barbara County Public Health Department: <https://publichealthsb.org>