What You Need to Know About Coronavirus (COVID-19)

Protect Yourself from Coronavirus

- Stay at least six feet away from anyone that doesn't live in your house

- Keep your distance from anyone you know is sick

- Wash your hands with soap and water often

- Avoid touching your face

- Regularly clean items that are touched frequently

- If you wear a mask or face covering, wash it after each use. Wash your hands before and after touching it.

If You are Sick

- If you have a fever, cough, and mild shortness of breath, call your doctor and follow their instructions.

- If you don't have a doctor, go to urgent care or the emergency department to be evaluated.

- To keep others from getting sick, don't go to work, out in public, or have close contact with anyone until a health care provider has told you that it is safe to do so.

If you have questions, please call our **Community COVID-19 Hotline**: 805-332-8276 (English) or 805-614-5758 (Spanish) or visit **dignityhealth.org/CentralCoast**

Dignity Health.