Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include fever, cough, and shortness of breath. *Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: www.cdc.gov/COVID19-symptoms
+ **WASH YOUR HANDS**
   Wash your hands with soap and warm water regularly.

+ **COVER A COUGH OR SNEEZE**
   Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.

+ **DON’T TOUCH**
   Avoid touching eyes, nose or mouth, especially with unwashed hands.

+ **KEEP YOUR DISTANCE**
   Avoid close contact with people who are sick.

+ **STAY HOME**
   If you experience respiratory symptoms like a cough or fever, stay home.

+ **GET HELP**
   If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.

**MORE INFORMATION**
Follow the California Department of Public Health: @capublichealth and www.cdph.ca.gov/covid19
Wash your hands!

When?

- Before touching your face
- After coughing, sneezing or blowing your nose
- After using the toilet
- Before and after changing diapers
- Before preparing or eating food
- Before and after visiting or caring for someone who’s ill
- After taking out the garbage
- After touching door handles
- After being in crowded public places

Having clean hands reduces the spread of diseases like COVID-19

PAHO

BE AWARE. PREPARE. ACT.

www.paho.org/communica
STAY HOME
 If you are sick, stay home.

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

CLEAN
 Frequently touched objects and surfaces should be cleaned.

COVER
 Cover your mouth or nose when you cough or sneeze with a tissue.

AVOID
 Avoid touching your eyes, nose, and mouth.

AVOID
 Avoid close contact with people who are sick.

VIRUS PREVENTION
COVER YOUR COUGH OR SNEEZE WITH A TISSUE then throw the tissue in the trash.
Wash your hands often with soap and water.

20 sec
What every American and community can do now to decrease the spread of the coronavirus

- They have a sick family member in their home
- They are feeling sick

Stay home if:
- Ensure cafeteria staff and their close contacts practice strict hygiene
- Strengthen health screening for cafeteria staff and their close contacts
- Limit food sharing

Handle food carefully:
- Assess the risks of business travel
- Consider adjusting or postponing large meetings or gatherings
- When not possible, hold meetings in open, well-ventilated spaces
- Use videoconferencing for meetings when possible

Be careful with meetings and travel:
- Increase ventilation by opening windows or adjusting air conditioning
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Clean hands at the door and schedule regular hand washing reminders by email
- Stop handshaking—use other noncontact methods of greeting

Practice good hygiene:

Encourage your employees to:

Keeping the workplace safe
What every American and community can do now to decrease the spread of the coronavirus

- Regularly disinfect surfaces
- Increase ventilation
- Keep windows open when possible

For transportation businesses, taxis, and ride shares

- Consider limiting attendance at larger gatherings
- Use online transactions where possible
- Use booking and scheduling to stagger customer flow

Avoid Crowding

- Increase ventilation by opening windows or adjusting air conditioning
- Disinfect surfaces like door knobs, tables, desks, and handrails regularly
- Promote tap and pay to limit handling of cash
- Clean hands at the door, and schedule regular hand washing reminders by email
- Stop handshaking – use other non-contact methods of greeting

Practice Good Hygiene

Encourage your employees and customers to...

Keeping commercial establishments safe