If You Are At Higher Risk

Take actions to reduce your risk of getting sick

- Stock up on supplies.
- Take everyday precautions to keep space between yourself and others.
- Keep away from others who are sick, limit close contact, and wash your hands often.
- Avoid crowds as much as possible.
- Avoid non-essential air travel.

Have supplies on hand

- Contact your healthcare provider to ask about obtaining extra necessary medications
- Be sure you have over-the-counter medicines and medical supplies (tissues, etc.)
- Have enough household items and groceries on hand

Take everyday precautions

- Clean your hands often with hand sanitizer
- Wash your hands often with soap and water for at least 20 seconds
- As much as possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, etc.
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs
- Avoid crowds, especially in poorly ventilated spaces

For more information on COVID-19:
Call (209) 558 7555
Visit http://schsa.org/publichealth/pages/corona-virus/