

10 tips for preventing illness

The following recommendations from Contra Costa Health Services are precautions people can take to help prevent illness, especially with the spread of the coronavirus:

- Wash hands frequently for 20 seconds with soap and water;
- Use an alcohol-based hand sanitizer when soap and water is not available, especially before eating or after coming into contact with high-touch areas or objects;
- Cough or sneeze into crook of the elbow or a tissue; hands should be washed after using the tissue;
- Stay home when sick;
- **Don't** touch your eyes, nose or mouth with unwashed hands;
- Use a barrier, such as a paper towel or tissue, to touch commonly touched surfaces, such as restroom handles and elevator buttons;
- Keep a social distance of 6 feet from other people;
- Seek medical help if you are ill.

CORONAVIRUS 2019-nCoV

An infographic on a blue background with white and light blue icons and text. It is divided into several sections: 'HOW IT SPREADS' (Airborne, Social contact), 'SYMPTOMS' (Fatigueability, Tightness of the chest, Temperature rise, Stuffy noses, Sneezing, Cough, Sore throat, Muscle pain, Paleness), 'PREVENTION' (Do not go to localize cases, Avoid mass events, Wash hands with water and soap, Wear a surgical mask, Avoid contact with others), 'COMPLICATION' (Sinusitis, Bronchitis, Pneumonia, Myocarditis, Otitis, Sepsis, Gastrointestinal tract), and 'IF YOU ARE INFECTED' (Seek medical attention, Do not self-medicate).

HOW IT SPREADS

Airborne **Social contact**

SYMPTOMS

Fatigueability
Tightness of the chest
Temperature rise
Stuffy noses
Sneezing
Cough
Sore throat
Muscle pain
Paleness

PREVENTION

Do not go to localize cases (China, Wuhan) **Avoid mass events**
Wash hands with water and soap **Wear a surgical mask**
Avoid contact with others

COMPLICATION

Sinusitis
Bronchitis
Pneumonia
Myocarditis
Otitis
Sepsis
Gastrointestinal tract

IF YOU ARE INFECTED

Seek medical attention **Do not self-medicate**