Please follow these tips to help prevent the spread of respiratory viruses, the common cold, and flu:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently-touched objects and surfaces.

For information regarding Coronavirus, visit the California Department of Public Health’s website: www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx.