

SEAL BEACH POLICE DEPARTMENT



Coronavirus (Covid-19)

Help prevent the spread of respiratory diseases like COVID-19

WASH YOUR HANDS

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



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 (minimum 6 ft) with people who are sick and avoid large crowds of people.



STAY HOME

If you experience a fever or respiratory symptoms like a cough, stay home and avoid contact with others.



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.

OC Health Referral Line - 800-564-8448 www.ochealthinfo.com/novel
Centers for Disease Control - www.cdc.gov/coronavirus/2019-nCoV/index.html

Visit www.sealbeachca.gov for more information