

# Protect yourself and others from COVID-19

## Please stay home if...

You are experiencing COVID-19 symptoms, such as:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



## Wash your hands first.

Please wash your hands with soap and water or use hand sanitizer.



## Social distancing (at least 6-feet) must be maintained.

Sneeze and cough into a cloth or tissue or, if not available, into one's elbow; wear face coverings, as appropriate; and do not shake hands or engage in any unnecessary physical contact.



## Our COVID-19 Social Distancing Protocol is posted

so you can see how we are operating safely.



**REMEMBER: You must wear a face covering.**

Businesses: Post this sign at each public entrance of your facility.

For more information, contact Environmental Health Services at (650) 372-6200, or visit [smchealth.org/eh](https://smchealth.org/eh).



SAN MATEO COUNTY HEALTH  
**ENVIRONMENTAL  
HEALTH SERVICES**