



# What can you do to prevent Coronavirus?

- ✓ If you have a fever, or flu-like symptoms, **call your doctor before going in — you may not need to be seen.**
  
- ✓ **Stay home** as much as possible (**Safer-at-Home order**):
  - Avoid places with lots of people (grocery stores, malls) unless necessary.
  - Stay 6 feet away from others in public and when sick individuals are in your home
  
- ✓ **Do not bring extra people** to your appointments.
  
- ✓ **Wash your hands often** with soap and water for at least 20 seconds.
  
- ✓ Avoid close contact with people who are sick. **Stay home and avoid others when you are sick.**
  
- ✓ **Cough or sneeze into your elbow or cover with a tissue**, then throw the tissue in the trash. Try not to touch your face.

**If you have questions or think you may be sick with COVID-19: call Family Health La Clinica at 1-800-942-5330.**

Or follow Family Health La Clinica on social for updates.