WASH YOUR HANDS
Wash your hands regularly with soap and water. Use hand sanitizer with at least 60% alcohol if you cannot wash your hands.

COVER COUGH & SNEEZES
Cover your cough and sneeze with your sleeve or tissue. Dispose of tissues and wash your hands afterwards.

AVOID TOUCHING YOUR FACE
Avoid touching your eyes, nose, or mouth with unwashed hands.

KEEP YOUR DISTANCE
Avoid close contact with people who are sick. Keep at least 6 feet away from others when in public areas.

STAY HOME, STAY HEALTHY
Please follow the statewide Shelter in Place order. Stay home and only go out for essential tasks.

FOR GENERAL COVID-19 QUESTIONS
Information Line: (209) 533-7440
9:00 am - 5:00 pm Monday through Friday
www.tuolumnecounty.ca.gov/250/Public-Health#
freshabu.com/tuolumnecountypublichealth