

# STAY HOME TO STOP THE SPREAD OF CORONAVIRUS

The Redding community working together and staying home can slow the spread of coronavirus in Redding. When you go out for essential needs, work or to get fresh air, keep distance between yourself and others and take the following precautions.



## PROTECT YOURSELF AND OTHERS

- 6 feet minimum around others.
- Wash your hands often.
- Cover your nose and mouth with a tissue or sleeve when sneezing or coughing.
- Do not touch your face with unwashed hands.
- Monitor your health more closely than usual for cold or flu symptoms.



## IF YOU ARE SICK

- Stay home.
- If you have a cough, shortness of breath, fever, sore throat and do not feel better after 3-4 days, consult with your doctor.



## REDUCE OVERCROWDING

- Stay home.
  - Telecommute if possible.
- If you do go out:**
- Do not gather in crowds.



## PROTECT THE MOST VULNERABLE

- Stay home if you have lung disease, heart disease, diabetes, cancer or a weakened immune system.
- Stay home and call, video chat or text with family or friends who have one of these conditions.