COVID-19 PREVENTION GUIDE

COVID-19 is still widespread in Yolo County and from 6/8 - 6/21 we have seen a huge rise in confirmed cases. Did you know that you can be infected with COVID-19 and not show any symptoms and spread it without knowing to your friends or family? Here are some prevention guidelines that can help protect the health of you, your family, and your community.

1 Gatherings increase risk.

At least half of Yolo County's recent cases (6/8 - 6/21) have been due to social and family gatherings. Based on the CDC, the more people interact and the longer they interact, the higher the risk of getting and spreading COVID-19. The less you interact with others and share items and the more open space, the better.

2 Wear a face covering.

A face covering is mandatory in Yolo County and the State of California. The CDC says that cloth face coverings help to slow the spread of the virus and help people who may have the virus (and don't know it) from spreading it to other people. A face covering needs to fully cover your nose and mouth. Wash your face covering after each use.

3 Social distance.
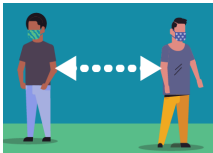
If you are out in the public or interacting with other people, it's important to stay at least six (6) feet away from others. The CDC says that limiting face-to-face contact with others is the BEST WAY to reduce the spread of COVID-19, even if you or others do not have symptoms.

4 Practice good hygiene.
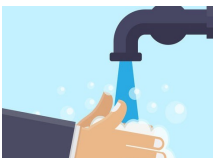
The CDC recommends that you:
- Wash your hands often with soap and water for at least twenty (20) seconds.
- Avoid touching your eyes, nose and mouth.
- Cover your cough and sneezes.
- Clean and disinfect high-touch surfaces.

5 Get tested.

If you have interacted with other people outside your household, testing is a good way to see if you have COVID-19. You can have COVID-19 even if you do not have symptoms. Testing also provides a more accurate picture of who's infected, how to prevent further spread and where to focus outreach efforts. For free testing call: (888) 634-1123 or visit: https://lhi.care/covidtesting.

For more information visit: www.yolocounty.org/coronavirus-roadmap