What We Can Do to Avoid Catching the Coronavirus

By following the latest recommendations from the San Francisco Department of Public Health, you and your family can help reduce the spread of coronavirus (COVID-19) in the community.

**Limit Outings for Vulnerable Populations**
- 60 years old and older
- People with health conditions such as heart disease, lung disease, diabetes, kidney disease and weakened immune systems

**Stay Clean and Wash Your Hands**
- Wash your hands with soap and water for at least 20 seconds
- Increase cleaning of high touch surface areas and vehicles
- Cover your cough or sneeze
- Wave instead of shaking hands

**Cancel Large Gatherings**
- Cancel or postpone non-essential events, such as concerts, sport events, conventions or other community events
- Don’t attend any events if sick

**Work from Home and Limit Travel**
- Suspend non-essential employee travel
- Consider use of telecommuting options
- Minimize large in-person meetings and conferences

Text COVID19SF to 888-777 for official updates.