### What You Need To Know About Novel (New) Coronavirus

**IF YOU HAVE TRAVELED**

Travel to countries where the novel coronavirus is circulating.

**Watch for symptoms**
Closely monitor your health for 14 days after you have returned. Symptoms of this virus include fever, cough or shortness of breath.

**Avoid spreading germs: Do not go to an emergency department unless your symptoms are severe, such as having trouble breathing.**

**If you do not have symptoms**
If you begin to get symptoms, stay home, wear a mask and call your healthcare provider. Tell them your travel history and your symptoms.

**If you do have symptoms**
If you are sick with fever, cough or shortness of breath, you should:
- Call your healthcare provider right away. If you need to go to a doctor’s office, call ahead, wear a mask and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- In addition to wearing a mask, wash your hands often with soap and water for at least 20 seconds to limit the spreading the virus to others.

**IF YOU HAVE NOT TRAVELED**

You can protect yourself and others from any respiratory virus.

- Wash your hands with liquid soap and water, rub for at least 20 seconds.
- Keep tissues and hand sanitizer in your car, purse, backpack and other places.
- Avoid shaking hands.
- Don’t cough or sneeze into your hands. Use a tissue or sneeze into you sleeve or arm.
- Avoid touching your face, especially your eyes, nose and mouth.
- Stay home if you are sick with any respiratory symptoms, such as fever, cough or shortness of breath, or if you are feeling tired.
- Avoid large gatherings of people.

**Wear a mask if you feel ill**
If you have a cold, flu or other viruses, you can protect family, friends and coworkers from your germs by wearing a mask.

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Stay Informed
County of Santa Clara Public Health Department: sccphd.org/coronavirus

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If you are feeling anxious **1-855-278-4204** is an anonymous crisis line available 24 hours, 7 days a week.
Text **RENEW to 741 741** *(Press 2 for Spanish).*