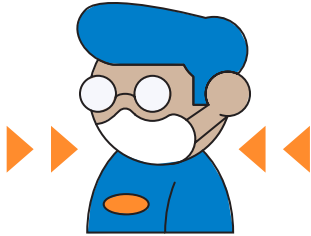


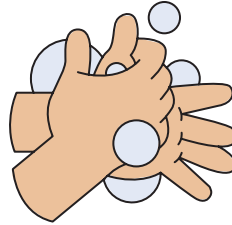
WEAR A MASK

When you wear face covering, you protect yourself and your loved ones and community from getting sick.

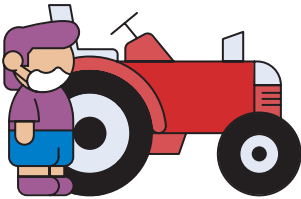


WASH YOUR HANDS

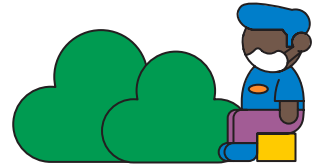
Wash your hands
OR
use hand sanitizer.



Even young, healthy people can get really sick and die from COVID-19



STAY 6 FEET APART



Dial 2-1-1 for non-emergency, non-medical calls

smchealth.org/coronavirus



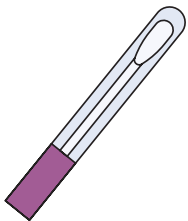
FEELING SICK? CONTACT YOUR DOCTOR

Common COVID-19 symptoms include **fever, cough, shortness of breath, muscle pains, headache, sore throat, or loss of taste or smell.**

If you have any of these symptoms, contact your doctor, and get tested, then stay at home and away from others.



TESTS ARE QUICK & PAINLESS



Even if you're not feeling sick or you think you've already had the virus, you could have the coronavirus and not know it.

For information about getting tested in San Mateo County: www.smcgov.org/testing

Getting tested helps you protect your loved ones.

Don't have a doctor? Talk to a Nurse 24/7 at (833) 846-8773

NO PROOF NEEDED



No insurance or proof of citizenship needed.

Dial 2-1-1 for non-emergency, non-medical calls

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WHAT HAPPENS IF I TEST POSITIVE FOR COVID-19?



Help is available if you need it, don't let that stop you from knowing about your health.

If you test positive for COVID-19 and you don't need hospitalization, you will need to stay at home and away from other people for 10 days.

STAYING ISOLATED PROTECTS OTHERS

YOU WILL NOT BE ABLE TO GO TO WORK WHILE IN ISOLATION.

You may qualify for **rental assistance** if you cannot work due to the virus. Call Legal Aid San Mateo (650) 558-0915 or CLSEPA (650) 326-6440.

For **financial assistance**, you can contact a Core Service Agency on the Coast:
Puente (650) 747-0248 | Coastside Hope (650) 726-9071

If you need help **understanding your rights as a worker**, regardless of your immigration status, during the pandemic call the California Rural Legal Assistance (800) 357-9513

If you need help with **Food, Financial Help & Face Covering**:
Puente (650) 879-1691 | ALAS (650) 560-8947 | Coastside Hope (650) 523-3524



Dial 2-1-1 for non-emergency, non-medical calls

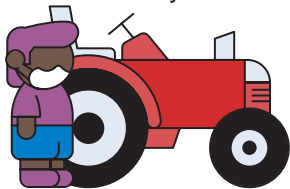
smchealth.org/coronavirus



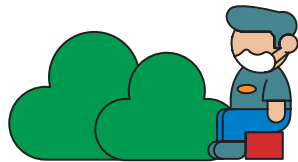
STAY 6 FEET APART

It just takes one person to spread COVID-19.

At work and out in public, staying at least six feet away from others and wearing a mask lessen your chances of being infected or passing the virus to someone else.



Stay at least 6 feet
apart & wear a mask



**At work and out in public, maintain at least six feet of distance
between yourself and others.**

For now, the best way to show you care about your friends, family and coworkers—more than giving them hug or a handshake—is to stay at least six feet apart and wear a mask.

Wash your hands OR use hand sanitizer.

Dial 2-1-1 for non-emergency, non-medical calls

smchealth.org/coronavirus



DID YOU TEST POSITIVE?



WE'LL TRACE YOUR CONTACTS TO PROTECT OTHERS.

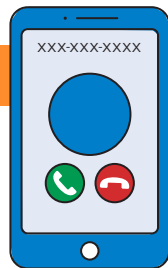
Answer the call to do your part to protect your loved ones and the community.

It's not about judgment or guilt. There are no questions about your social security number, marital status, immigration status or financial information, and there are no punishments of any kind. It is about the health of our loved ones and our community.

PEOPLE WHO'VE BEEN EXPOSED ARE NOTIFIED

YOUR IDENTITY IS KEPT 100% CONFIDENTIAL

Seeking medical help or answering to a coronavirus contact investigator will not impact your Public Charge status or your immigration application.



Dial **2-1-1** for non-emergency, non-medical calls

smchealth.org/coronavirus

