



COUNTY OF VENTURA

PROTECT YOURSELF FROM CORONAVIRUS AND OTHER INFECTIOUS DISEASES

Infectious diseases like coronavirus, influenza and mycoplasma constantly threaten our health. It is important to prevent them at all times through healthy habits at home, school, when you travel, and in all the places you frequent.



Wash your hands frequently
with soap and water for
at least 20 seconds.



When you cough or sneeze,
cover your nose and mouth
with a disposable tissue.



Avoid contact with
sick people.



Avoid touching your
eyes, nose and mouth.



Stay at home if you are sick
and call your doctor or 211.



Disinfect objects
and surfaces.

Remember that Ventura County has the
"Stay Well At Home" order. Help us stop the spread!



UPDATED INFORMATION
WWW.VENTURACOUNTYRECOVERS.ORG

