

# 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 your 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.

### Stay Informed

County of Santa Clara Public Health Department: [sccphd.org/coronavirus](http://sccphd.org/coronavirus)

If you are feeling anxious **1-800-704-0900** is an anonymous crisis line available 24 hours, 7 days a week.

**1-800-985-5990** is a distress helpline.

Text **TALKWITHUS** to **66746** (Press 2 for Spanish).