Good handwashing techniques are the most effective way to prevent yourself from getting sick. This means washing your hands often with soap and water, and rub for at least 20 seconds.

If you have a fever or cough, a face mask is recommended to prevent spread of germs to others around you. Because there is no novel coronavirus spreading in San Francisco, there is no recommendation to wear masks at this time.

However, if you choose to wear a face mask, it is important to understand that face masks are NOT a substitute for handwashing which is the priority.