

# IF SOMEONE IN YOUR BUILDING OR NEIGHBORHOOD IS INFECTED WITH COVID-19...



## PRACTICE PHYSICAL DISTANCING



Stay at home in your residential unit (unless you are an essential worker) and avoid all nonessential contact with others.

Limit trips for groceries and other household needs. Always keep a distance of 6 feet from others when outside.

Limit use of common spaces like storage rooms, computer labs etc.

## WEAR A CLOTH FACE COVERING OUTSIDE YOUR HOME



The face cover should cover your mouth and nose.

Wash your hands before and after touching your face or face cover.

Cloth face covers should be washed frequently with detergent and hot water and dried on a hot cycle.

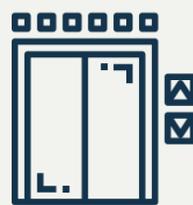
## CLEAN HANDS OFTEN



Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.

Avoid touching your mouth, nose, and eyes with unwashed hands.

## AVOID COMMUNAL AREAS & SURFACES



Avoid using elevators with other residents. Wait for an empty elevator or use the stairs.

Wash hands after touching communal surfaces (eg., door handles, mailboxes, elevator buttons).

## CLEAN AND DISINFECT FREQUENTLY TOUCHED ITEMS



With any EPA-registered disinfectant, clean and disinfect doorknobs, light switches, handles, tables, desks, countertops, keyboards, phones, toilets, faucets, and sinks.

If an area is dirty, first clean with soap and water. Then, use a household disinfectant.

## LIMIT VISITORS



Only allow visitors who are providing essential services.

Consider creative ways to connect with others from a distance. Use phone calls and online video conferencing for work, meetings, and staying touch with friends and family.

## MONITOR YOUR SYMPTOMS



Watch for fever, cough, runny nose, chills, body aches, diarrhea, vomiting, fatigue, headache, loss of smell or taste, and shortness of breath. Check temperature if symptoms develop.

**Talk to your healthcare provider about testing for COVID-19. If you do not have health insurance, call (415) 682-1740 to schedule a test.**

## COVER COUGHS AND SNEEZES



Cover your coughs and sneezes with a tissue, under the neck of your shirt, or into your elbow.

Remember to wash your hands after coughing or sneezing.

Visit [www.sf.gov](http://www.sf.gov) for more information about COVID-19

Given the degree of community transmission of COVID-19 at this time, anyone with cold or flu-like symptoms like those listed above should isolate at home for 10 days after symptoms started AND 3 days after their last fever AND symptoms have improved.

If you are having trouble breathing, call 911.