COVID-19 is a serious and sometimes deadly viral infection caused by a novel coronavirus. Novel means that it is newly discovered so people have no immunity to it.

**PREVENTING COVID-19**

- Wear a cloth face covering that covers your nose AND mouth
- Stay 6 feet away from anyone you do not live with
- Wash your hands frequently including everytime you return home
- Stay home, away from others if you feel sick
- Do NOT Touch your face or cloth face covering

**HOW COVID-19 SPREADS**

The virus is spread mainly from person to person through:

- Coughing or Sneezing
- Talking

Requests for accommodations may be made by calling (415) 473-3232 (TDD/TTY), or by email (digitalaccess@marincounty.org). Copies of documents are available in alternative formats, upon request.
KNOW COVID-19 SYMPTOMS

People may be infected with the virus for 1 to 14 days before developing symptoms. Many people have no symptoms and do not know they are sick, but can still infect others.

Fever
Chills
Tiredness
Dry Cough
Shortness of breath
Sore Throat
Muscle Pain
New Loss of Taste or Smell

If you have any of these symptoms stay home and contact your healthcare provider. If you do not have a healthcare provider, call Marin Community Clinics at (415) 488-1500 for help.

If you have any of the below symptoms, call 911 or go directly to the emergency room. Tell them you might have COVID-19.

Trouble breathing
Chest pain or pressure
New confusion
Inability to wake or stay awake
Blue lips or face

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