

## Coronavirus: Consumer Health & Safety Reminders

As you may know, there is a new virus called “coronavirus” (COVID-19) that is affecting people all over the world. Symptoms of this new virus are similar to the flu, including running nose, headache, cough, sore throat, fever, and shortness of breath. We want to make sure that you stay safe and healthy, and that all of our program environments stay safe for others too!

There is now community spread of COVID-19 in Sacramento County. The Centers for Disease Control and Prevention (CDC) currently says that most of the time, symptoms of the coronavirus (COVID-19) are very mild (like the flu), especially for people under 50 years of age.

### How You Can Help Protect Yourself and Others

You can take the following steps right now to reduce the risk of infection to yourself and others:

- Wash your hands – often! Wash with soap and water and keep going for at least 20 seconds.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your mouth and nose when you cough or sneeze. Throw the tissue away and wash your hands.
- Clean and disinfect the objects and surfaces you touch.

### What to Do If You Feel Sick

- People experiencing flu-like symptoms (running nose, headache, cough, sore throat, fever) should stay home until well again. If you experience shortness of breath or were getting better and then felt very sick again, you should seek medical attention.
- If you need help finding a doctor, please let your behavioral health provider know so that they can assist you.
- It is recommended that you stay at home for at least a week or until you feel well for 72 hours, whichever is longer. In most cases, we will be able to continue providing you with services over the phone until you feel better!

### How to Cope with Feeling Worried

- Feeling worried about the coronavirus (COVID-19) is normal. You can talk to your provider or someone that you know and trust about your concerns.
- Stay healthy! Eat healthy foods, get plenty of rest, and avoid drugs and alcohol.

We want you to stay healthy and safe! Please let your behavioral health provider know if you need any support or assistance, or you can contact Sacramento County at [COVID19@saccounty.net](mailto:COVID19@saccounty.net).