

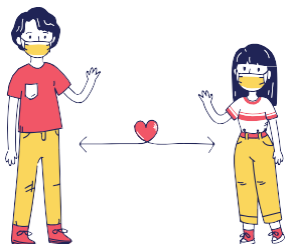
# COVID-19 Prevention Tips



## Tips

COVID-19 is mainly spread from person-to-person through respiratory droplets when an infected person talks, coughs, or sneezes. The best way to prevent illness is to avoid being exposed to this virus.

You can protect yourself and your loved ones by:



### Social Distancing:

Staying at least six feet away from other people slows the spread of COVID-19 by limiting contact with people outside your home.



### Face Covering:

Face coverings block respiratory droplets that can travel when someone talks, coughs, or sneezes. Your face covering protects me and my face covering protects you.



### Washing your hands often for at least 20 seconds:

Hand washing is one of the best ways to avoid many types of illness, including COVID-19. If soap and water are unavailable, use hand sanitizer with at least 60% alcohol.



### Cleaning and disinfecting surfaces that get touched a lot:

Cleaning with soap and water reduces the number of germs and disinfecting kills germs. Wear gloves when you disinfect surfaces. Frequently touched surfaces include tables, doorknobs, light switches, countertops, etc.



Alameda County  
Health Care Services Agency



Alameda County Public Health Department  
Celebrating Healthy People in Healthy Communities

### Contact

Public Health Department:  
(510) 267-8000 Main Line

COVID-19 Information:  
(510) 268-2101

[www.acphd.org](http://www.acphd.org)

Colleen Chawla – Agency Director

Kimi Watkins-Tartt – Director

Nicholas Moss, MD – Interim Health Officer