



COVID19 is spreading in our community. It can cause fever, cough, and severe breathing problems.

Some people are at higher risk for serious illness. People over the age of 60, and anyone with diabetes, heart disease, lung problems, cancer, and other chronic health conditions can become very sick from COVID19.

How to Stay Safer:



- Wear a face-covering in public spaces, wash your hands often with soap and water for 20 seconds, and avoid others who are sick.
- Practice physical distancing by keeping at least 6 feet of space between yourself and others.
- Try not to touch your face.
- Avoid scams that promise cures, vaccines or requests for money to support individuals suffering from COVID19.

How to Stay Connected:



- Call, text, or email with family, friends, neighbors, or trusted supports.
- If you feel worried or alone, call the Friendship Line for emotional support: 800-971-0016
- Call your doctor or clinic if you have a fever or chills, cough, or shortness of breath. Follow their instructions carefully.
- Call 911 if you have difficulty breathing, have chest pain, or feel confused.

Call Alameda County's COVID -19 line (510 -268 -2101) for the latest information



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

Colleen Chawla- Agency Director
Kimi Watkins-Tartt – Director
Nicholas Moss, MD- Interim Health Officer

Contact

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

COVID-19 Information:
(510) 268-2101

www.acphd.org