SACRAMENTO COUNTY

Protect Your Family from COVID-19

Did you know you can have and spread COVID-19 without showing any symptoms? Protect your family and community by following these tips:

Wear a face covering

A face covering is mandatory in Sacramento County and the State of California. The CDC says that cloth face coverings help to slow the spread of the virus and help people who may have the virus (and don't know it) from spreading it to other people. A face covering needs to fully cover your nose and mouth. Wash your face covering after each use.

Gathering increases risk

Seeing your loved ones can put them at risk!
Many of Sacramento County's recent cases have been due to social and family gatherings. The more people interact and the longer they interact, the higher the risk of getting and spreading COVID-19. Limit interactions with others and meet in open spaces.

Limit gatherings to only the most important. If you have to gather, do the following:

- Wear a face covering
- Socially distance (6 feet)
- Frequently wash hands with soap and water
- Cover your cough

Get tested for COVID-19

Get tested for COVID-19 to see if you have it.
If you have interacted with people outside your household, testing is a good way to see if you have COVID-19, even if you do not have symptoms. Testing also provides a more accurate picture of who's infected, how to prevent further spread and where to focus outreach efforts.

Testing is widely available.
Schedule a test through your medical provider or for free testing visit: covid19.saccounty.net for testing locations.

For more information visit: saccounty.net/COVID-19