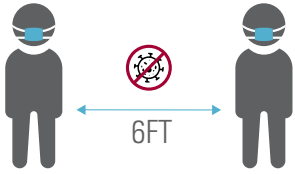


What We Know About COVID-19

HOW IT SPREADS



Most often, spreads from person-to-person. Happens among close contacts – mainly via respiratory droplets produced when an infected person coughs or sneezes. This is why it's important to wear your mask when you are around others.



IF YOU FEEL SICK



If you had a fever, cough or difficulty breathing or were in close contact with someone with COVID-19 in the 14 days before you began to feel sick:



- Seek medical advice – Call ahead and tell them about your symptoms before you go to a doctor's office or emergency room. To schedule a video visit, log in to [MyChart](#).
- Avoid contact with others.



PREVENTION

There is currently **no vaccine** to prevent COVID-19 infection.

Preventative actions recommended by CDC

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home when you are sick. 
- Cover your cough or sneeze.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
 - » If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. 

TESTING FOR COVID-19

If you believe you have been exposed to COVID-19, please refer to the following sites for testing locations in your community.

San Bernardino County, at sbcovid19.com/testing-sites.

Riverside County, at rivcoph.org/coronavirus/testing.

If you are experiencing severe symptoms, please visit your local emergency room or call 911.



LOMA LINDA UNIVERSITY
HEALTH

Many Strengths.
One Mission.