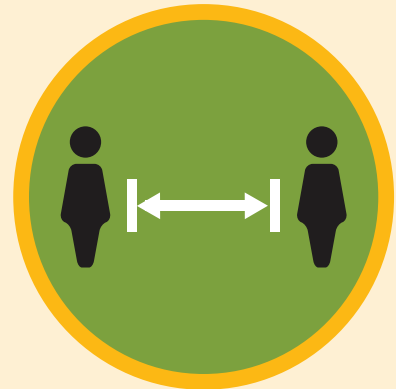


WEARING A MASK, WASHING YOUR HANDS & KEEPING YOUR DISTANCE

All help **STOP THE SPREAD** of COVID-19 in our community!



Here are some ways to keep yourself and others safe:

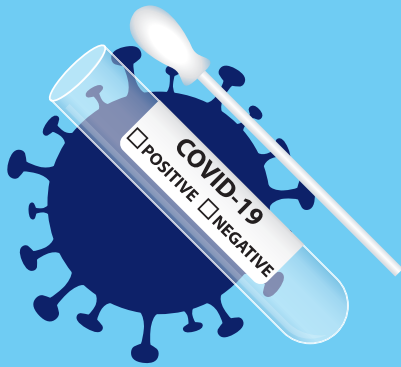
- **Limit your time in large groups and crowds.** If you are in a group, always try to stay 6 feet away from others and wear a mask.
- **Masks are now a requirement** for many buildings, services and transit providers. If you don't wear a mask, you may be denied service at places such as buses, BART, grocery stores and coffee shops.
- **Need a mask or hand sanitizer?** If you're staying at a shelter, please ask the shelter staff. If not, dial 2-1-1 for more information on support services.
- **Don't forget that sharing food and beverages can transmit COVID-19,** so please try to avoid sharing whenever possible.



Dial 2-1-1 for non-emergency, non-medical calls or visit smchealth.org/coronavirus

HAVE YOU TESTED POSITIVE?

Staying Isolated Protects Others



Stay away from others for 10 days to protect your friends and community. Until a vaccine is widely available, this is the only way to protect yourself and others.

Tested positive and need to isolate?

Support services are available! Talk to your case manager, health provider or call 2-1-1.

Feeling anxious or sad and want support?

It can be hard and lonely to maintain your distance from others – call (650) 579-0350 to speak to someone at any time.



THE COVID-19 VACCINE IS HERE!

It is safe and effective.
To receive a notification when you are eligible, sign up here:
smchealth.org/covidvaccine

EXPERIENCING SYMPTOMS?

Please talk to a doctor immediately. No doctor? Then call:

■ **San Mateo Medical New Patient Connection Center:** (650) 372-3200
M-F 8:15 am-4:30 pm

■ **Health Plan San Mateo Nurse Line:**
(833) 846-8773 | 24/7

■ **Medi-Nurse Line:**
(877) 409-9052 | 24/7

■ **Mobile Clinic:** (650) 573-2786
No appointment needed, call for location.