

# NOVEL CORONAVIRUS

COVID-19

At San Joaquin General Hospital and SJ County Clinics we regard the safety of patients, visitors and staff with the utmost priority. We are actively monitoring the Novel Coronavirus and taking steps to ensure proper identity, isolation and swift personal care, as well as, working closely with SJ Public Health and both State and National Health Services.

## PREVENTION



**1** Wash your hands with soap and water or use a hand sanitizer that contains alcohol for at least 20 seconds.



**5** If you haven't already done so, get your flu shot.



**2** Cover your cough. When you sneeze or cough use tissues or the crook of your elbow. If you get snot or spit on your skin, clean it off right away.



**6** Regularly and thoroughly clean surfaces, such as countertops and doorknobs, with a disinfectant.



**3** **ALWAYS** avoid touching your eyes, nose and mouth if your hands aren't clean.



**7** Remain calm, most people will only experience minor flu like symptoms.



**4** Avoid close contact with people who are sick, especially people exhibiting respiratory symptoms and fever.



**8** If you are experiencing worsening symptoms such as fevers, chills, difficulty breathing or suspect you may have been exposed to COVID-19.

*\*Call before you arrive or notify your health care provider.*



SJ General Hospital Emergency Room: (209) 468-6000  
SJ County Clinics Appointment Center: (209) 468-6820

## RESOURCES

**Travel:** Check out the CDC website for the latest guidance on travel restrictions

- <http://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

**Information:** On COVID-19 can be found at San Joaquin County Public Health Services

- <http://www.sjcphs.org>

**Advice:** Advice from California Department of Public Health

- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>