

THE BEST GIFT YOU CAN GIVE THIS HOLIDAY SEASON
IS PROTECTING YOUR FAMILY'S HEALTH



SAN DIEGO
LATINO HEALTH
COALITION

CORONAVIRUS:

Let's make our
family's health and
safety a priority



It's okay if our traditions are different this year.

Gathering with others outside your household can increase your risk of infection, even if it is just friends and family. The best way to protect your loved ones from COVID-19 is to *only gather with people in your household!*

IF YOU WILL BE AROUND OTHER PEOPLE, FOLLOW THESE TIPS TO REDUCE YOUR RISK:

- Communicate virtually!
- Stay outside when possible
- Ensure good ventilation:
 - Open windows
 - Turn on bathroom and stovetop fans
- Use portable air cleaner
- Social distancing — stay at least **6 feet** apart!
- Keep it short (*less than 2 hours*)
- If you are eating:
 - Don't share utensils
 - Wear a mask except when eating
- Disinfect surfaces and wash hands often
- Stay home if you are sick
- Get tested:
 - Before gatherings
 - After gatherings

Remember, testing alone may not be enough!



www.sdlatinohealth.org

San Diego County sponsored message in support of the Live Well San Diego vision.