Help prevent the spread of respiratory diseases like COVID-19

**WASH YOUR HANDS**
Wash your hands often with soap and water for at least 20 seconds.

**COVER A COUGH OR SNEEZE**
Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.

**DON’T TOUCH**
Avoid touching eyes, nose or mouth, especially with unwashed hands.

**KEEP YOUR DISTANCE**
Avoid close contact (minimum 6 ft) with people who are sick and avoid large crowds of people.

**STAY HOME**
If you experience a fever or respiratory symptoms like a cough, stay home and avoid contact with others.

**GET HELP**
If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.

To keep citizens properly informed, the City of Huntington Beach has created a 24 hour hotline and website that will be updated on a regular basis.

**Covid-19 Hotline** (714) 536-5978
[www.hbready.com](http://www.hbready.com)