Please continue to protect yourself from all infectious diseases by following these precautions:

- Wash hands often with water + soap for 20 seconds.
- Avoid contact with persons who are sick. Consider practicing social distancing.
- Avoid shaking hands. Opt for a fist bump, elbow bump, shoe tap or a slight bow instead.
- Cover your mouth with a tissue or sleeve when coughing or sneezing. Dispose of tissues in trash.
- Avoid touching eyes, nose or mouth with unwashed hands or after touching surfaces.
- Clean and disinfect ‘high-touch’ surfaces often.
- Call before visiting your doctor.
- Get adequate sleep and eat well-balanced meals.
- Practice good hygiene habits.

Clean and disinfect ‘high-touch’ surfaces such as doorknobs, counters, tabletops, phones, keyboards and bathroom fixtures often with wipes or household cleaning sprays according to the label instructions.

Additional information from the Centers for Disease Control and Prevention: https://www.cdc.gov/coronavirus/ and from the Santa Barbara County Public Health Department: https://publichealthsbc.org/Virus