SONOMA COUNTY VINTNERS

TOGETHER WE CAN

HELP STOP THE SPREAD OF COVID-19

Wear a mask over your nose and mouth when in public.

Avoid close contact with someone who is sick.

Do not touch your eyes, nose or mouth.

Stay at least 6 feet from others.

Wash your hands often with soap and water for at least 20 seconds.

Limit social gatherings and time spent in crowded places.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

FOR MORE INFORMATION ON BEST PRACTICES, PLEASE VISIT BIT.LY/SCV-BESTPRACTICES

WHAT TO DO IF YOU HAVE COVID-19 SYMPTOMS

Get Tested. Testing prevents the spread of COVID-19 with early detection. Free, convenient and confidential COVID-19 testing is available for all Sonoma County residents, regardless of documentation status. No ID is required.

Get rest and stay hydrated.

Stay home. If you must go out, avoid public transportation, ridesharing or taxis.

Monitor your symptoms. If your symptoms get worse, call your healthcare provider immediately.

If you cannot quarantine safely at home the **County of Sonoma has a place for you to stay during your quarantine**. Lodging, meals and Wi-Fi are provided free of charge.

Stay in a specific room and away from other people as much as possible in your home. If available, use a separate bathroom. **Wear a mask** if you are around other people in or outside your home.

Avoid sharing personal items with others in your household like dishes, towels and bedding.

If you are having difficulty maintaining your quarantine, please contact the Sonoma County Public Health Department at 707.565.4566.

ADDITIONAL QUESTIONS? PLEASE VISIT SOCOEMERGENCY.ORG