Health Alert:

Where to Find Information
Up to date information about Coronavirus Disease 2019 (COVID-19), such as symptoms and how to protect yourself can be found here:

• For local information from the San Francisco Department of Public Health (SFDPH), please click here.
• For national information and resources from the national Center for Disease Control and Prevention (CDC), please click here.

When to Contact Your Doctor
The most common symptoms of COVID-19 are:

• fever,
• cough, and
• shortness of breath

If you have traveled to a country or region with cases of the new virus, and you develop symptoms, call your doctor and tell them about your symptoms and your recent travel.

If you are ill, call your health care provider first, and you may be able to be served by phone without having to go to the doctor’s office.

Washing Hands
Washing hands well is one of the best ways to stop the spread of COVID-19. To learn more, see the CDC’s Handwashing website or watch this video that shows all the steps to washing hands well.