Protect yourself from illness

Follow these simple suggestions to decrease your risk of flu, Coronavirus Disease (COVID-19), or other respiratory illness:

1. Wash your hands with soap and water for at least 20 seconds.
2. Cover cough with a tissue, throw tissue in trash, and wash hands.
3. Avoid touching eyes, nose, and mouth.
4. Clean and disinfect objects and surfaces touched frequently.
5. Avoid close contact with those who are sick.
7. If you do get ill, stay home, so you can limit your exposure to others.

The City of Monterey is doing its part to keep the community healthy.

Learn more about how you can do your part. monterey.org/coronavirus