

## Novel Coronavirus COVID-19

At San Joaquin County Clinics we regard the safety of patients and staff with the utmost priority. We are actively monitoring the Novel Coronavirus and taking steps to ensure proper identity, isolation and swift personal care, as well as, working closely with SJ Public Health and both State and National Health Services.

### PREVENTION



**1** Wash your hands with soap and water or use a hand sanitizer that contains alcohol for at least 20 seconds.



**2** Cover your cough. When you sneeze or cough use tissues or the crook of your elbow. If you get snot or spit on your skin, clean it off right away.



**3 ALWAYS** avoid touching your eyes, nose and mouth if your hands aren't clean.



**4** Don't go to **ANY** gatherings! Avoid crowds, lessen your exposure to the general public. Avoid contact with people who are sick.



**5** If you haven't already done so, get your flu shot.



**6** Regularly and thoroughly clean surfaces, such as countertops and doorknobs, with a disinfectant.



**7** Remain calm, most people will only experience minor flu like symptoms. Try not to stress about COVID-19. Talk to people about your concerns. If worrying is overwhelming you, ask your doctor for a referral to a counselor.



**8** Stay at home, going out only for essential food, medicine or hygiene items. When out, keep a 6-foot distance from others.



**9** Take care of yourself. Do fun, relaxing things, go for a walk or run. Get enough sleep, exercise and eat healthy. Avoid alcohol, tobacco or other drugs.



**10** If you are sick, with a fever (100.4 or higher) or are having difficulty breathing, or have been exposed to someone with COVID-19, call the Clinic **(209) 468-6820** or use the **Patient Portal** to communicate with your doctor. Stay home unless the doctor tells you to come to the Clinic.  
*If you feel you are in a health crisis, call 911.*

## GOOD NUTRITION Helps You Reach Your Full Potential



### For Enhanced Health, Nutritionists Recommend: **MICRONUTRIENTS** (Vitamins & Minerals)

Micronutrients are needed in small amounts, but are very important for energy, immune functions, clotting factors, and much more.

Sources of micronutrients are found in fruits, vegetables, legumes, whole grains, nuts, and lean proteins.



### What is a Balanced Meal?

#### One That Includes:

- 30% Fresh Green Leafy Vegetables
- 20% Fresh Fruit
- 30% Whole Grains
- 20% Plant or Animal Protein

*Thanks to our contributor:  
Evelyn Chicas*

San Joaquin County recently declared a **Local Public Health Emergency** in response to COVID-19. Learn more, visit these websites:

[www.sjgov.org/covid19/](http://www.sjgov.org/covid19/) or [www.sjcphs.org](http://www.sjcphs.org)