

# Reduce the Risk of COVID-19

**Stay home if sick**

**Wash your hands**

**Wear a mask**

**Keep your distance**

**Avoid crowds**

**Get vaccinated**

**Spend time outside**

**Ventilate indoor air**



**UCSF California Childcare Health Program**  
[cchp.ucsf.edu](http://cchp.ucsf.edu)