

Face Mask + Hygiene Tips

Richmond, CA



Wearing your mask



- Do cover your nose, mouth, and chin
- Do wear your mask when you are near other people
- Do wear your mask when you are on a bus, the metro, or in a store
- Don't touch the front of the mask or your face before washing your hands

Washing your mask

- Wash your mask with **warm water and soap** at the end of each use
- **Air dry** your mask after wash
- Wash your mask **at least once a day**
- **Where to wash:** where you wash your clothes or get cooking water is best. If not these are not available, flip this page for hand washing stations.



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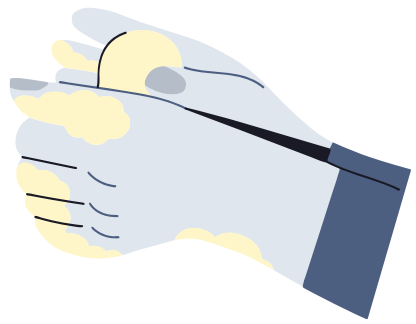


Staying healthy

- **Do** wash your hands frequently for 20 seconds at a time, especially after using the bathroom and before eating food
- **Do** use **hand sanitizer** if you are unable to wash your hands
- **Do** stay **6 feet away** from other people whenever possible
- **Don't** touch your face unless you have washed/sanitized your hands first



Where to wash your hands – Richmond, CA



- Rydin Road (north of Central Avenue)
- Civic Center-Main Library & Auditorium
- GRIP - 165 22nd Street
- San Pablo Ave & Richmond Greenway

If you are sick

- **The main symptoms of coronavirus** are a dry cough and difficulty breathing. Fever, headache, chills, sore throat, muscle pain, and loss of taste or smell are also symptoms.
- **If you feel sick**, call Contra Costa County Health Care for the Homeless: **925-608-5300**
- **If you are having trouble breathing, call 911**

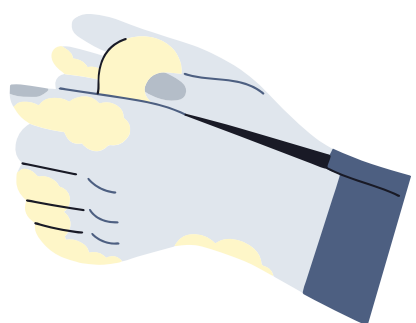
SOURCES: CDC, WHO, NYT, CITY OF BERKELEY, GRIP
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