Infectious diseases like coronavirus, influenza and mycoplasma constantly threaten our health. It is important to prevent them at all times through healthy habits at home, school, when you travel, and in all the places you frequent.

Wash your hands frequently with soap and water for at least 20 seconds.

When you cough or sneeze, cover your nose and mouth with a disposal tissue.

Avoid contact with sick people.

Avoid touching your eyes, nose and mouth.

Stay at home if you are sick and call your doctor or 211.

Disinfect objects and surfaces.

Remember that Ventura County has the “Stay Well At Home” order. Help us stop the spread!

UPDATED INFORMATION
WWW.VCEMERGENCY.COM