Do your part to protect yourself and your community from COVID-19, the disease caused by the novel coronavirus. Follow these simple steps, which also prevent the spread of cold and flu:

- Don’t touch your face.
- Sneezing or coughing into your elbow.
- Wash your hands often for at least 20 seconds.
- Keep sick children home from school and day care.
- Alcohol-based hand sanitizers are OK, too.
- Clean and disinfect objects and surfaces you touch often.
- Stay home when you’re sick.

If you think you need care, you should first call the member services number listed on your Kaiser Permanente membership card to speak with a medical professional or schedule a virtual appointment by phone or video. You can also book a virtual appointment by visiting kp.org/appointments.