



# MODOC COUNTY COVID-19

For the most up to date information on the MODOC COVID-19 INCIDENT, focus your camera icon on the QR code below and connect to the link or visit [www.modocsheriff.us](http://www.modocsheriff.us)



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Modoc County Sheriff's Office  
Modoc County Public Health

## HOW CAN I HELP PREVENT?

Here are 4 everyday measures that can help prevent you from getting COVID-19 or spreading it to others. They should be practiced by all people, in all locations at all times.



Wash your hands often, using soap and water or alcohol based hand rub. Avoid touching your face, unless your hands are thoroughly cleaned.



Cover mouth & nose when coughing and sneezing. Discard any used tissue immediately and wash hands.



Avoid close contact with anyone who has cough or fever. Maintain at least three feet distance.



Stay home if you feel sick with fever or cough. Follow guidance from your local health authorities.