

The Rona is not a game.  
COVID-19 can make you very sick  
or be fatal. Protect your community  
by staying at home.



Don't go hungry, you can get free food at your local pantry



Limit grocery shopping to once per week, and stay 6 feet apart



Stay safe with no contact food pick-up or deliveries



Laundromats, gas stations, grocery stores, and banks are high-traffic areas. Use caution by staying at least 6 feet away from others



If you need to go out, stay 6 feet apart from others



If caring for family, elders, children, or people with disabilities, wash hands frequently



Only go to the hospital for emergencies. Call your doctor first if you have a cough, shortness of breath or fever



Connect with loved ones by phone or video, not in person



Limit prescription medicine pick-up to once every two months

For more helpful guidance around COVID-19, use your phone camera to take a picture of this QR code, or visit <https://sf.gov/coronavirus>



If you feel that you have experienced discrimination during the shelter in place order, please contact the San Francisco Human Rights Commission at 415-252-2500 or [hrc.info@sfgov.org](mailto:hrc.info@sfgov.org)

# The Rona is not a game.



Don't risk your safety. That means no parties, no meet-ups with friends, and no visitors. Bars, nightclubs, and gyms are closed. We all have to do our part to keep everyone safe. Even if you don't have symptoms, you could be putting others at risk. **Avoid fines, tickets, and even jail by staying indoors.**

## During this public health emergency:

Mayor Breed and Gov. Newsom have called for a shelter in place except for essential needs.

The Public Utilities Commission has restored power and water service, suspended shutoffs, and waived penalties.

You cannot be evicted if you have lost income and can't pay rent due to COVID-19.

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**Visit <https://sf.gov/coronavirus> for more information.**