

# COVID-19 PREVENTION

Wash hands frequently including thumbs, back of hands, webbing, and fingertips.

Practice social distancing.  
(stand at least 6 feet away from other people)

Cough into your elbow.



If you have any of the following symptoms please contact your medical provider.

Fever • Cough • Headache • Diarrhea • Cold • Sore throat  
Shortness of breath • Joint and muscle pain

If you do not have a healthcare provider, **call 211**.

Do not go to the hospital or emergency room unless you are having life threatening symptoms, like severe shortness of breath.

## Hand Washing Stations

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First United Methodist Church  
500 E. Colorado Blvd.

Friends In Deed  
444 E. Washington Blvd.  
(Corner of Washington & Los Robles)

Hill Ave Branch Library  
**(ADA accessible)**  
55 S. Hill Ave.  
(Pasadena Transit Route 10)  
(Near 180 & 780 Metro Bus Routes)

Lake Ave Church  
393 N. Lake Ave.  
(On Lake Ave side)

Pasadena Humane Society  
361 S. Raymond Ave.  
(Corner of Del Mar & Raymond)

The Salvation Army  
**(ADA accessible)**  
1000 E. Walnut St.

Vision Christian Fellowship  
1555 E. Colorado Blvd.  
(Across from PCC)

## Free Showers & Food

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Hill Ave Branch Library  
55 S. Hill Ave.  
Sundays & Wednesdays 9AM-1PM