

NOVEL CORONAVIRUS (COVID-19)

What You Need to Know

Public Health is urging everyone to take precautions to slow the spread of COVID-19.

How is it spread?



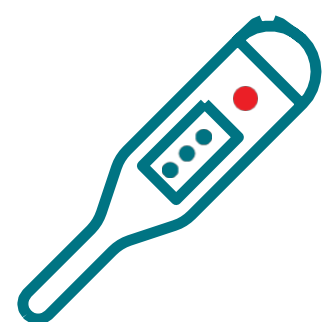
Through droplets when an infected person coughs or sneezes



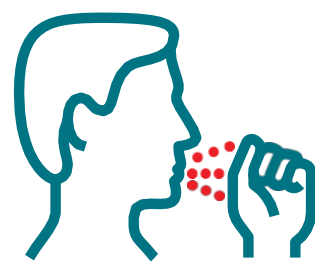
Close personal contact, such as caring for an infected person

The novel coronavirus is a new type of virus that recently started making people sick. It started in mainland China but is now infecting people around the world including those here in Los Angeles.

What are the symptoms?



Fever



Cough



Difficulty Breathing

What can I do to protect myself and others from respiratory infections like COVID-19?

- Everyone should avoid any non-essential travel, public gatherings, or places where large groups of people congregate.
- If you have to leave your home, stay at least 6 feet away from others.
- Stay home when you are sick.
- Limit close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your elbow (not your hands).
- Use facemasks only if you have been instructed to do so by your health care provider.
- Cloth face coverings like a bandana or towel can be used by the general public to cover the nose and mouth when they need to leave their home to obtain essential services or goods.
- Get a flu shot to prevent influenza if you have not done so this season.