**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?**

- 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.
- 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.