

Coronavirus Disease (COVID-19)

The Novel Coronavirus Disease (COVID-19) situation is rapidly evolving, therefore the general public is encouraged to check the Department of Public Health COVID-19 [webpage](#) and the CDC [website](#) for current information.

1. What are the typical symptoms of COVID-19?

Reported illnesses have ranged from people with mild symptoms to people becoming severely ill, requiring admission to the hospital, and dying. Symptoms include:

- Fever
- Cough
- Difficulty breathing

2. How is the virus spread?

Like other respiratory illnesses, such as influenza, human coronaviruses most commonly spreads to others from an infected person who has symptoms through:

- Droplets produced through coughing and sneezing
- Close personal contact, such as caring for an infected person
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

3. How can I protect myself while using public transportation?

As with other respiratory illnesses, there are steps that everyone can take daily to reduce the risk of getting sick or infecting others with circulating viruses. You should:

- Stay home when you are sick.
- If possible, leave about six feet of space between you and those who might be sick with a cough or fever.
- Use hand sanitizer with at least 60% alcohol after touching commonly handled surfaces such as poles, turnstiles, straphangers, or handles. Always wash your hands if they are visibly dirty, and wash or clean hands immediately after getting off of public transportation
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Try to use buses and trains when it is not as busy. Leave earlier or later for work if possible
- Consider alternate methods like walking, biking or taking an e-scooter to your destination if possible. If you are using a rental bike or scooter wash your hands after touching handlebars and commonly touched surfaces.
- When passing through turnstiles use your hip or the back of your hand

4. Should I be wearing a mask while using public transportation?

It is not recommended that people who are well wear a mask to protect themselves from COVID-19 unless a healthcare professional advises it.

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5. What else can I do to protect myself?

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Get a flu shot to prevent influenza if you have not done so this season.

- Always check with reliable sources for the up-to-date, accurate information about COVID-19.
 - Los Angeles County Department of Public Health (LACDPH, County)
 - <http://publichealth.lacounty.gov/media/Coronavirus/>
 - California Department of Public Health (CDPH, State)
 - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>
 - Centers for Disease Control and Prevention (CDC, National)
 - <http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>
 - World Health Organization (WHO, International)
 - <https://www.who.int/health-topics/coronavirus>

If you have questions, and would like to speak to someone, call 2-1-1.