The Los Angeles County Department of Public Health (Public Health) is asking you to help slow the spread of coronavirus disease 2019 (COVID-19). We encourage you to be informed and to review your household plan to help protect your health.

**Understand how coronaviruses are spread**
When someone with COVID-19 coughs or sneezes the small droplets from their nose or mouth can travel 3-6 feet. People can get infected if they breathe in these droplets, or the droplets land on their eyes, nose, or mouth. Although people who are sick with COVID-19 are the most infectious, people may spread the virus a few days before they start to feel unwell. It may be possible that a person can also get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.

**Know the 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

**Practice Physical Distancing**
Public Health is asking everyone to do their part to help slow the spread of novel coronavirus in our community by practicing physical distancing (also known as social distancing). This means staying home, avoiding crowds, and keeping at least 6 feet away from others whenever possible.

**How to practice physical distancing**
- Stay home as much as possible.
- Avoid any places where a lot of people are together.
- Maintain a distance of at least 6 feet from others.
- Work or study from home, if possible.
- Do not have visitors over or let your children have playdates.
- Avoid health care settings – unless you need essential services.
- Avoid non-essential travel.
- Avoid public transport, if you can.
- Avoid contact with people – instead of shaking hands, come up with other ways to greet people that don’t involve any touching or getting closer than 6 feet.

*If you do have to use public transport, shop, go to work, or participate in other activities, take precautions to reduce the risks, such as:*
- Limit the amount of time you spend in close contact with others.
- Limit the number of different people you spend time with.
- Keep as far away from others as possible, especially if they are coughing or sneezing.
• Wear a cloth face covering. Make sure to use it properly - see Guidance for Cloth Face Coverings for more information. Infants and children under the age of 2 should not wear cloth face coverings. Those between the ages of 2 and 8 should use them but under adult supervision to ensure that the child can breathe safely and avoid choking or suffocation. Children with breathing problems should not wear a face covering.
• Try to go to places at times when they are less busy.
• Avoid touching surfaces in public places, when possible.
• Clean and disinfect frequently touched surfaces regularly.
• Clean your hands often, especially after touching surfaces in public places and before eating, and avoid touching your face with unwashed hands.

How to get food and other necessities
• Have one member of the household go to the store. Go when it is less busy and stock up on essential supplies so that you don’t have to go out as often and keep at least 6 feet away from people as much as you can.
• Restaurants and cafes cannot offer eat-in dining, but you can still use delivery, drive-thru or carry out as long as everyone practices physical distancing as much as possible.
• If you order something for delivery, if possible, pay and tip electronically and ask for the item to be left outside your door. Remove food from delivery bags and boxes and dispose of the packaging. Wash your hands after handling the packaging.
• If you are at higher risk of getting sick from COVID-19, ask for food, medical supplies, and other essential items to be brought to your door through family, neighbors, or delivery services. Call 2-1-1-if you need assistance getting food and other essential items.

Tips for coping with physical distancing
• Talk to your employer about options for working from home.
• Exercise at home or outdoors – you can walk, run, or bike as long as you are 6 feet from others.
• Avoid isolation by using technology and the phone to communicate with friends and family often.
• Take care of one another – check-in by phone with friends, family, and neighbors who are vulnerable to serious illness or have mobility issues. Offer to help, while still following physical distancing guidelines.
• If you are sick, call your doctor or dentist before visiting. Check their website or call to find out if they offer telemedicine or phone advice.
• Stay informed through trusted sources for the latest accurate information about novel coronavirus.

Teach your family the importance of taking steps to prevent infection at home
• Wash hands often and do it thoroughly. Use soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol for at least 20 seconds.
• Do not share objects such as utensils, cups, food, and drink.
Clean and disinfect surfaces that you touch frequently

- Routinely clean and disinfect all frequently touched surfaces and objects, such as doorknobs, banisters, countertops, toys, remote controls, faucet handles, and phones. Use the usual cleaning agents and follow the label directions.
- Clean surfaces and items to remove visible dirt and disinfect them to kill germs.
- Follow the instructions on the product labels, including wearing gloves and having good ventilation. Use household cleaners and Environmental Protection Agency (EPA)-registered disinfectants that are appropriate for the surface.
- To find out if the product works against viruses, read the product label, call the 1-800 number on the label or visit www.epa.gov.
- A bleach solution can also be used as a disinfectant - mix 4 teaspoons of bleach to 1 quart (4 cups) of water, or for a larger supply, add 1/3 cup of bleach to 1 gallon (16 cups) of water.
- For more information see the Public Health Guide “Preventing the Spread of Respiratory Illness in the Home.”

Know what to do if you become ill

During the current (COVID-19) outbreak, it is likely that many people with cold and flu-like symptoms have COVID-19. Many people do not need to see a doctor or get a test for COVID-19 because they will have a mild illness and get better at home. However, people should call their doctor early if they are 65 years and older, pregnant, or have a health problem such as a chronic disease or a weak immune system, because they are at higher risk of serious illness.

If you or a family member become ill, it is important that you follow the instructions in the Public Health Home Care Instructions for People with Respiratory Symptoms. The guide contains important information such as

- Who is most at high risk of severe illness from COVID-19
- When to call a doctor or seek emergency care.
- Steps you can take to feel better.
- How to protect others – at home, and when you seek medical care.

Key points include:

- Stay home, except to get medical care.
- Stay home until at least 7 days have passed after your symptoms first appeared AND at least 3 days after you have recovered. Recovery means that your fever is gone for 72 hours without the use of fever-reducing medications and your respiratory symptoms (e.g. cough, shortness of breath) have improved.
- Be sure to tell all of your close contacts that they need to be in quarantine for 14 days after their last contact with you. Close contacts include all household members, any intimate contacts, and all individuals who were within 6 feet of you for more than 10 minutes, starting 48 hours before your symptoms began until your isolation period ends. In addition, anyone who had contact with your body fluids and/or secretions (such as were coughed on/sneezed on, shared utensils or saliva or provided
care to you without wearing protective equipment) needs to be in quarantine. They should self-quarantine even if they feel well because it can take 2–14 days for them to show symptoms. See the Home quarantine guidance for those exposed to COVID-19.

Prepare your household (or review your household plan if you already have one)

- **Make sure that you know phone numbers** for your doctor’s office, local urgent care, and ER facilities so that you can call them if you become sick instead of just showing up. Put important numbers on the fridge and in your phones.
- **If you don’t already have a healthcare provider**, the County information line 2-1-1 can help you to find one.
- **Make a plan for taking care of family members** who are elderly, disabled, or sick if they or their caregivers become ill.
- **Create an emergency contact list.** Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, teachers, employers, and other community resources. Know that you can call the LA County information helpline 2-1-1.
- **Get to know your neighbors.** Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to maintain access to neighbors, information, and resources.
- **Identify aid organizations in your community.** Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies. Know that you can call the LA County information helpline 2-1-1.
- **Have adequate supplies of prescription medications** as well as over the counter medicines to help with cold and flu symptoms.
- **Take care of the emotional health of yourself and other household members.** Outbreaks are stressful for everyone, but children may respond differently to adults. Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe. Read https://www.cdc.gov/childrenindisasters/helping-children-cope.html for more information. Stay in touch with others by phone or email.
- **If you are feeling anxious or overwhelmed**, read "Coping With Stress During Infectious Disease Outbreaks" on the Public Health website. For help, talk to your doctor or call the Los Angeles County Department of Mental Health Access Center 24/7 Helpline at (800) 854-7771.
- **For more information** visit the CDC webpage https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html

Report Stigma
The County is committed to assuring that all residents affected by COVID-19 are treated with respect and compassion. We must separate facts from fear and guard against stigma. The outbreak is no excuse for spreading racism and discrimination. If you or someone you know experiences discrimination based on race,
nation of origin or other identities, please report it. You can report hate crimes, hate acts, and incidents of bullying in Los Angeles County, whether or not a crime has been committed. Call the Los Angeles County Information line 2-1-1 which is available 24/7, or file a report online at: https://www.211la.org/public-health-and-safety/anti-hate.

Know where to get reliable information
Beware of scams, false news, and hoaxes surrounding COVID-19. Accurate information, including announcements of new cases in LA County, will always be distributed by Public Health through press releases, social media, and our website. The website has more information on COVID-19 including FAQs, infographics and a guide to coping with stress, as well as tips on handwashing.

- Los Angeles County Department of Public Health (LACDPH, County)
  http://publichealth.lacounty.gov/media/Coronavirus/
  Social media: @lapublichealth

Other reliable sources of information about novel coronavirus are:
- 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)
- World Health Organization (WHO, International)
  https://www.who.int/health-topics/coronavirus

911 is not for health information!
Keep emergency lines open.