Protect Yourself and Others from NOVEL CORONAVIRUS (COVID19)

Coronavirus disease 2019 or COVID-19 is a new type of respiratory infection that is similar to the flu. It is spread through droplets from an infected person's cough or sneeze.

1. What are the symptoms?
   - Cough, Fever, Difficulty Breathing
   - Most people with COVID-19 have mild symptoms and will get better on their own. However, people who are elderly, pregnant, have weakened immune systems, or other medical problems are at more risk of serious illness.

2. How can I protect myself and others?
   - If you are over 65 or have serious health conditions, consider staying at a shelter for the duration of the outbreak. The shelters have services that may help protect you from serious illness.
   - Avoid close contact with people who are sick. Try to keep about 6 feet of distance from other people during this outbreak.
   - Avoid crowds if you're older (65 years old and older) or have serious health conditions.
   - Wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol. Avoid touching your eyes, nose, and mouth.

For more information, visit our website at www.publichealth.lacounty.gov

People Experiencing Homelessness FAQ

03/18/20 Pocket Card (English)