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, sneezes, or talks
- From touching surfaces and then touching your face
- Close personal contact, such as caring for an infected person

What are the symptoms?

- Fever
- Cough
- Difficulty Breathing

Symptoms may also include: chills, muscle or body pain, fatigue, headache, sore throat, nausea or vomiting, diarrhea, congestion or runny nose, or new loss of taste or smell. This list of symptoms is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

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

- Get vaccinated
  - Visit VaccinateLACounty.com or call the DPH Vaccine Call Center at 833-540-0473 to find a vaccine.
  - No appointment needed at many locations.
- Wear a mask in settings where it is required. Make sure it covers your nose and mouth.
- Stay at least 6 feet away from people who do not live with you (unless you know they are all fully vaccinated).
- Avoid crowds and spaces with poor air flow (outdoors is safer than indoors).
- Wash (or sanitize) your hands often.
- Stay home when sick.

www.publichealth.lacounty.gov/coronavirus
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