Protect Yourself and Others from COVID-19

COVID-19 is making people sick throughout Los Angeles County. It is spread between people who are in close contact with one another through droplets produced when an infected person coughs, sneezes or talks. COVID-19 can be spread by people who are not showing symptoms.

1. What are the symptoms?

- Cough, fever, difficulty breathing are common symptoms. Other symptoms are chills, fatigue, muscle and body aches, headache, sore throat, nausea or vomiting, diarrhea, congestion or runny nose, and new loss of taste or smell. This list does not include all possible symptoms.
- Most people with COVID-19 have mild symptoms and get better on their own.
- But people who are older or have health problems can get very sick. If you have any of these symptoms, talk to a healthcare provider about testing, isolation and care.

2. How can I protect myself and others?

- Get vaccinated. COVID-19 vaccination reduces your risk of serious infection and death, as well as transmission to others.
- Wear a face mask. Many outreach teams have face masks to give out. If you cannot get one of those, use a scarf or other cloth to cover your nose and mouth.
- Stay at least 6 feet away from anyone else. Some people who are sick do not show it, so avoid close contact whenever you can.
- Wash your hands often with soap and water for 20 seconds or use hand sanitizer with 60% alcohol.
- Avoid touching your eyes, nose, or mouth.

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- If you are over 65, have health problems or are pregnant, consider staying at a shelter or other type of housing until the pandemic ends. They have services to help you avoid getting sick.
  - 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).
  - Do not share drinks, food, pipes, cigarettes, bedding, blankets.
  - If you share space with someone, sleep with your heads at opposite ends of the space.
  - Try to clean things that you or others touch a lot with a household cleaner or alcohol wipes.

3. What if I get sick?

- Contact your doctor. If you don't have one, call 211 to find one. A doctor or clinic can help you get care while you are sick.
- Let an outreach worker or health care street team know you are sick. They can help you get care, find a safe place to stay or get supplies you need to get better while you're on the street.
- Wear a mask and keep as far as you can from other people.
- If you feel worse, call 911 or go right away to an emergency room.

For more information, visit our website at
www.publichealth.lacounty.gov
6/9/21 People Experiencing Homelessness Pocket Card (English)