REDUCE YOUR RISK OF COVID-19

CHOOSE WISELY - AVOID THE THREE C’S

• CONFINED SPACES - especially with poor ventilation. Outdoors is better than indoors.
• CROWDS - the more people the higher the risk, especially if the crowd is unmasked, talking, singing, shouting, or breathing hard (exercising)
• CLOSE CONTACT - staying further apart is safer than being close together

THE MORE C’S, THE HIGHER THE RISK

TAKE STEPS TO REDUCE YOUR RISK

• Wash your hands often
• Wear a mask around others – make sure it fits snugly. For better protection wear a mask with 2 or more layers.
• Stay at least 6ft away from others
• Increase air flow – go outside, open windows
• Regularly clean surfaces that are touched often
• Keep the number of different households you socialize with small
• Get vaccinated, when it is your turn

PLAN AHEAD

• Stay informed - check online or call and ask about safety measures before going to a public place. Be prepared to follow Public Health guidance when visiting.
• Be flexible - be willing to change your plans or make a quick exit to avoid the three C’s
• Carry an extra mask and hand sanitizer when going out in public.

For more information, visit: publichealth.lacounty.gov/coronavirus
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