Reducing the Risk of COVID-19

How COVID-19 is spread

Infected people release the virus into the air, in droplets and tiny particles, when they do things like breathe, talk, sing, or cough.

The virus spreads to other people when:

• They breathe in the droplets/particles
• The droplets land in their nose, mouth, or eyes
• They touch their nose, mouth, or eyes with hands that have the virus on them

Which situations are riskier

COVID-19 spreads more easily in:

• Closed spaces with poor air flow
• Crowded places
• Close contact settings especially where people are talking, shouting, or breathing heavily close together

Reduce your risk in places where COVID-19 spreads more easily.

• Wear a more protective mask such as a well-fitting respirator (e.g., N95/KN95) or double mask (wearing a cloth mask over a medical mask)
• Keep your visit short
• Go during non-peak hours
• Open windows & doors or turn on a fan

For more information, visit: [ph.lacounty.gov/reducerisk](ph.lacounty.gov/reducerisk)
Protect Yourself from COVID-19

• Get all recommended COVID-19 vaccine doses, including booster(s). Staying up to date with your vaccines is the best way to protect yourself from getting very sick and dying from COVID-19. It also reduces your risk of long COVID. Encourage your friends and family to stay up to date with their vaccines. See ph.lacounty.gov/covidvaccineschedules.

• Wear a mask that filters well and fits snugly around your nose and mouth. It should have at least 3 layers of tightly woven materials, including one made of synthetic, non-woven fabric. Wear a highly protective mask if you are in high-risk situations and/or are at higher risk for severe disease. See ph.lacounty.gov/masks.

• Choose outdoor spaces for social and fitness activities when possible.

• Keep your distance. Use two arms lengths as your guide (about 6 feet).

• Stay home when sick. If you have symptoms of COVID-19, stay away from others and get a COVID-19 test. Ask for treatment right away if you test positive and are at high risk for severe disease. See ph.lacounty.gov/covidcare.

• Take a rapid COVID-19 test before gathering with others indoors. Cancel your plans if you test positive and isolate at home away from others even if you don’t feel sick. See ph.lacounty.gov/covidtests.

• Be flexible. Be willing to change your plans or leave if you find yourself in a place where COVID-19 can spread easily.

• Wash your hands and/or use hand sanitizer often - especially after being in public spaces.

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