Reducing the Risk of COVID-19

Know 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

How to reduce the risks of COVID-19

Knowing the [local COVID-19 Hospital Admissions Level](https://ph.lacounty.gov) can help you to decide what protective measures to take. This level is reported weekly by the [CDC](https://www.cdc.gov). Everyone needs to take extra precautions when the level is high. When the level is lower, use your situation, personal preferences, and comfort level to decide what to do. Take extra steps to stay safe and protect others if you or the people you spend time with are at higher risk for severe disease.

- **Stay up to date with COVID-19 vaccines.** It is the best way to protect yourself from getting seriously ill and dying from COVID. Vaccination also lowers your risk of getting long COVID. Vaccines are free for everyone. You will not be asked about your immigration status when you get a vaccine.

  ✓ Visit [ph.lacounty.gov/howtogetvaccinated](https://ph.lacounty.gov/howtogetvaccinated) to find a location near you. Call [1-833-540-0473](tel:1-833-540-0473) if you need help getting a vaccine, need transportation to a vaccination site, or are homebound. Information is also available in many languages 24/7 by calling 2-1-1.

- **Wear a mask that fits and filters well.** While all masks give you some protection from COVID-19 and other respiratory illnesses, well-fitting respirators give you the best protection. N95, KN95, and KF94 are all respirators. See [ph.lacounty.gov/masks](https://ph.lacounty.gov/masks) for more information on the types of masks and when they must be worn in Los Angeles County.

For more information, visit: [ph.lacounty.gov/reducerisk](https://ph.lacounty.gov/reducerisk)

6/8/23 (English)
Keeping Safe and Protecting Others

• **Improve ventilation (air flow).** Open windows and doors, use fans and portable air cleaners, run heating and air, and upgrade filters. When possible, choose outdoor spaces for group activities. For more information see the CDC webpage [Improving Ventilation in Your Home](https://www.cdc.gov/coronavirus/2019-ncov/your-turn/improving-ventilation.html) and the California Department of Public Health flyer [Tips for Reducing Risk Indoors](https://www.cdph.ca.gov/Programs/AgingProgram/Docs/COVID-19-Reducing-Risk-Indoors-Flyer.pdf).

• **Test for COVID-19** if you are sick or have been exposed to COVID. Consider testing before visiting someone at higher risk for severe illness. Visit [ph.lacounty.gov/covidtests](http://ph.lacounty.gov/covidtests) to learn more about when and how to get a test.

• **Stay home when sick.** If you have symptoms of COVID-19, stay away from others, and get tested. If you have any respiratory symptoms (cough, runny nose, sore throat) wear a mask if you need to be around others. See [ph.lacounty.gov/covidcare](http://ph.lacounty.gov/covidcare).

• **Ask for COVID-19 medicine right away** if you think you have COVID-19, even if your symptoms are mild. Treatment can prevent you from getting very sick but should be started soon after your symptoms begin. Plan ahead to avoid delays:
  ✓ Make a list of all your medicines, including over the counter medicines and supplements. The doctor or pharmacy will need to know what medicines you are taking before they can prescribe treatment.
  ✓ Visit [ph.lacounty.gov/covidmedicines](http://ph.lacounty.gov/covidmedicines) for more to learn how you can get medicine if you get COVID symptoms.

• **Practice good everyday hygiene**, like washing your hands and covering your coughs and sneezes. Washing your hands is one of the best ways to avoid getting sick and spreading germs that cause respiratory illnesses and diarrhea.

If you test positive for COVID-19 or if you are a close contact to someone with COVID-19, you must follow all instructions to protect others. See [ph.lacounty.gov/covidisolation](http://ph.lacounty.gov/covidisolation) and [ph.lacounty.gov/covidcontacts](http://ph.lacounty.gov/covidcontacts).

For more information, see CDC [How to Protect Yourself and Others](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-protect-yourself.html).