How COVID-19 is spread
Infected people release the virus into the air in droplets when they do things like breathe, talk, sing, or cough.

The virus spreads to other people when:
- They breathe in the droplets
- 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: http://ph.lacounty.gov/reducerisk
2/9/22 (English)
Protect Yourself from COVID-19

• Get all your COVID-19 vaccines, including a booster dose to reduce your risk of getting very sick, ending up in the hospital, or dying. Encourage your friends and family to get all their vaccines.

• 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.

• Avoid crowded places, especially indoors.

• Choose outdoor spaces over indoor spaces.

• Get a COVID-19 test before gathering with others indoors.

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

• Socialize with the same set of people. Avoid mixing with many different people who are not vaccinated or have not received a booster dose.

• 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.

• Stay home when sick. If you have symptoms, get a COVID-19 test. Stay home and away from others until you get the test result. Talk to your doctor about treatment options if you test positive and are at high risk for severe disease.

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