

Coronavirus Disease (COVID-19)

Recent Updates:

10/28/20: People should wear a clean face covering anytime they are in contact with other people from outside their household. People with symptoms should stay at home, and call their health care provider about the need for testing and isolation.

The COVID-19 situation is rapidly evolving, therefore the general public is encouraged to check the Department of Public Health COVID-19 [webpage](#) for current information.

1. What are the typical symptoms of COVID-19?

Symptoms of COVID-19 may include some combination of the following: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, diarrhea, nausea or vomiting. This list of symptoms is not all inclusive.

If you develop symptoms you should stay at home, and call your health care provider about the need for testing and isolation. If you have mild symptoms, you should be able to recover at home. If possible, do not go to the doctor's office without calling first. For more information, visit ph.lacounty.gov/covidcare.

2. How is the virus spread?

Like other respiratory illnesses, human coronaviruses most commonly spreads to others from an infected person through:

- Droplets produced through coughing and sneezing
- Close personal contact, such as caring for an infected person

COVID-19 may also spread by touching a surface or object that has the virus on it and then touching the mouth, nose, or eyes but this is not thought to be the main way the virus spreads. Some people get COVID-19 without ever showing symptoms but they can still spread the infection to others.

3. How can I protect myself while using public transportation?

As with other respiratory illnesses, there are steps that everyone can take daily to reduce the risk of getting sick or infecting others with circulating viruses. You should:

- Stay home when you are sick.
- If possible, leave about six feet of space between yourself and others.
- Use hand sanitizer with at least 60% alcohol after touching commonly handled surfaces such as poles, turnstiles, straphangers, or handles. Always wash your hands if they are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Try to use buses and trains when it is not as busy. Leave earlier or later for work if possible
- When passing through turnstiles use your hip or the back of your hand

4. Should I be wearing a mask while using public transportation?

Yes, members of the general public should use a clean face covering anytime they will be in contact with other people who are not household members in public or private spaces. Riders on public transportation should wear a cloth face covering during the ride and at any stops or stations where others may be present.

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Infants and children under the age of 2 should not wear cloth face coverings. Those between the ages of 2 and 8 should use them but under adult supervision to ensure that the child can breathe safely and avoid choking or suffocation. Anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask or cloth face covering without assistance should also not be wearing one. Those instructed not to wear a cloth face covering by a medical provider are also exempt from wearing one.

It is important to note that these face coverings are not a substitute for social distancing and other prevention measures like washing your hands regularly. These face coverings are used to help protect others if you have the infection (people can be infected without having any symptoms). Make sure to use cloth face coverings properly – for more information, see [Guidance for Cloth Face Coverings](#).

5. What else can I do to protect myself?

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- 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).
- Always check with reliable sources for the up-to-date, accurate information about COVID-19.
 - Los Angeles County Department of Public Health (LACDPH, County)
 - <http://publichealth.lacounty.gov/media/Coronavirus/>
 - California Department of Public Health (CDPH, State)
 - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>
 - Centers for Disease Control and Prevention (CDC, National)
 - <http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>
 - World Health Organization (WHO, International)
 - <https://www.who.int/health-topics/coronavirus>

If you have questions, and would like to speak to someone, call 2-1-1.