WHAT CAN I DO ABOUT COVID-19?

HOW CAN PEOPLE PROTECT THEMSELVES?

- Wash hands with water and soap/sanitizer, at least 20 seconds.
- Avoid contact with sick people.
- Don't touch eyes, nose or mouth with unwashed hands.
- Cover your nose and mouth with tissue or elbow when sneezing.
- Stay home if you are sick.

WHAT IF I HAVE SYMPTOMS?

If you develop symptoms of COVID-19, including fever, cough or shortness of breath, and you have a reason to believe you have been exposed, CONTACT YOUR HEALTH CARE PROVIDER. Contacting them early will make sure you get the care you need without putting others at risk.

HOW IS ISOLATION (HOME OR HOSPITAL) OF CONFIRMED CASES DECIDED?

Local health departments are working in partnership with the California Department of Public Health and the CDC, making determinations on whether a person ill with COVID-19 requires hospitalization or if home isolation is appropriate.

WHAT IS SOCIAL DISTANCING?

Social distancing is a practice recommended by public health officials to stop or slow down the spread of contagious diseases. It requires the creation of physical space between individuals who may spread certain infectious diseases. The key is to minimize the number of gatherings as much as possible and to achieve space between individuals when events of activities cannot be modified, postponed, or canceled. Achieving space between individuals of approximately six feet is advisable.

All community guidance released from CDPH can be found at cdph.ca.gov/covid19.