

# KEEPING YOU INFORMED ON CORONAVIRUS

Facts and Resources to Stay Safe and Healthy



## HOW TO PROTECT YOURSELF AND YOUR LOVED ONES

Proper precautions can help reduce the risk for you and your loved ones against any circulating virus.

- Wash hands often with warm soapy water
- Use alcohol-based hand-sanitizer
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect frequently-touched objects
- Get a flu shot to prevent influenza if you haven't already done so



## THE SYMPTOMS OF CORONAVIRUS

Reported illnesses have ranged from mild to extreme symptoms.

- Fever
- Cough
- Difficulty Breathing
- Severe Illness

## WHAT TO DO IF YOU ARE SICK

Take action immediately to preserve your health.

- Stay home
- Separate yourself from other people
- Call ahead before visiting your doctor
- Cover coughs and sneezes and keep your hands clean
- Avoid sharing household items
- Monitor your illness



## WHAT ELSE YOU CAN DO

LA County is working hard to prevent the spread of coronavirus throughout the region. Here are ways you can support these efforts.

Always check reliable sources for up-to-date information, including the L.A. County Department of Public Health, Centers for Disease Control and Prevention, or World Health Organization. Most importantly, continue to be a welcoming neighbor.

FOR MORE INFORMATION, VISIT [KATHRYNBARGER.LACOUNTY.GOV](http://KATHRYNBARGER.LACOUNTY.GOV). OR VISIT THE DEPARTMENT OF PUBLIC HEALTH AT [PUBLICHEALTH.LACOUNTY.GOV](http://PUBLICHEALTH.LACOUNTY.GOV) FOR RESOURCES IN MULTIPLE LANGUAGES.



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