NOVEL CORONAVIRUS
WHAT YOU NEED TO KNOW

The novel coronavirus (COVID-19) is a new type of virus that causes respiratory illness. It started in mainland China but is now also infecting people in other countries. Beach Cities Health District is carefully monitoring and assessing the situation.

According to the Los Angeles County Department of Public Health, the best way to protect yourself and others from respiratory infections like the flu and the coronavirus is to practice good public health hygiene.

WHAT CAN I DO TO PROTECT MYSELF AND OTHERS FROM RESPIRATORY INFECTIONS LIKE THE FLU AND THE NOVEL CORONAVIRUS?

When you're sick, stay home

It's important to stay home when you're sick and limit contact with others, even for mild illnesses. If you have mild symptoms, there may be no need to go to a medical facility to see a doctor. Certain patients, such as the elderly, those that are immune compromised or have underlying health conditions should call their doctor for advice.

Wash your hands

Wash your hands often with soap and water for at least 20 seconds. If soap and water is not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Don't touch your face

Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid close contact with people who are sick

Sick people can spread viruses through close contact with others such as hugging, kissing, shaking hands or sharing utensils.

Clean and disinfect frequently touched surfaces and objects

Germs can build up on frequently touched objects such as phones, keyboards, doorknobs, light switches and children's toys.

Use a tissue, not your hand

Cover your cough or sneeze with a tissue, then throw it in the trash. If you do not have a tissue, use your sleeve or elbow (not your hands).

Have an ample supply of essentials at home

This includes water, food, essential hygiene items and medications. Plan for the possibility of business disruptions, school closures and modifications/cancellations of select public events.

Get your flu vaccine

Protect yourself and your family, and reduce the potential strain on the healthcare system, which may be impacted by COVID-19 concerns.

Facemasks are most effective when used appropriately by health care workers and people who are sick

It is not recommended that people who are well wear a mask to protect themselves from COVID-19 unless a healthcare professional advises it. A facemask should be used by people with COVID-19 who have symptoms to protect others from getting infected. Health workers and other people who are taking care of someone infected with COVID-19 in a close setting should wear a mask.

Stay updated on Travel Health Notices to avoid nonessential travel

Visit bchd.org/coronavirus to view Travel Health Notices from the Centers for Disease Control and Prevention.

HOW IS IT SPREAD?

The coronavirus is spread through droplets when an infected person coughs or sneezes, or through close personal contact, such as caring for an infected person.

WHAT ARE THE SYMPTOMS?

Fever, cough, difficulty breathing and severe illness. If a person develops symptoms of COVID-19, and has reason to believe they may have been exposed, they should call their health care provider or local health department before seeking care.

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BCHD Beach Cities Health District — A Public Agency

COUNTY OF LOS ANGELES Public Health