

NOVEL CORONAVIRUS

What You Need to Know

The virus is NOT currently spreading in the community in Los Angeles County nor in the United States. The immediate risk to the general public in Los Angeles County is low. Public Health is carefully assessing this situation as it evolves.

How is it spread?



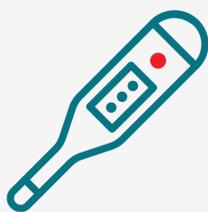
Through droplets when an infected person coughs or sneezes



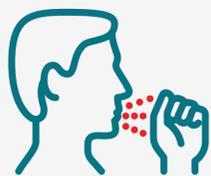
Close personal contact, such as caring for an infected person

The novel coronavirus is a new type of virus that recently started making people sick. It started in mainland China but is now also infecting people in other countries. Current knowledge is largely based on what is known about similar coronaviruses. As it is a new virus, we are learning more each day.

What are the symptoms?



Fever



Cough



Difficulty Breathing



Severe Illness

What can I do to protect myself and others from respiratory infections like novel coronavirus?

- Stay home when you are sick.
- Limit close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid touching your eyes, nose, and mouth.
- 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).
- Facemasks are most effective when used appropriately by health care workers and people who are sick.
- Get a flu shot to prevent influenza if you have not done so this season.





STEPS FOR HANDWASHING

Stop the spread of germs and keep yourself and others from getting sick.



1. Wet your hands with warm water.



2. Lather up with soap. Soap gets rid of the oil that helps germs stick to your hands.



3. Rub and scrub your hands together for at least 20 seconds. Strongly rub and scrub your wrists, palms, between fingers, under your nails, and the backs of your hands. The soap and scrubbing action loosens the germs off your hands.



4. Rinse your hands thoroughly with warm, running water.



5. Dry your hands completely with a clean towel or paper towel. Use the towel to turn off the faucet when you're finished drying your hands. Throw the paper towel away.

If soap and water aren't available, use an alcohol-based hand sanitizer. Alcohol-based hand sanitizers can usually be found as a gel or wipes. Make sure the product is at least 60 percent alcohol.

To use an alcohol-based hand sanitizer:

- Rub the gel or wipe all over both hands.
- Rub hands together for 30 seconds until they feel dry.