

NOVEL CORONAVIRUS

WHAT YOU NEED TO KNOW

The novel coronavirus (COVID-19) is a new type of virus that causes respiratory illness. 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 older adults, pregnant women or those that have underlying health conditions should call their doctor for advice.



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.



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.



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.



Don't touch your face

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



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.



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.



Stay updated on Travel Health Notices and avoid nonessential travel

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

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Source: Los Angeles County Department of Public Health

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FREQUENTLY ASKED QUESTIONS

How is COVID-19 spread?

- Through coughing and sneezing
- Close personal contact, such as touching, shaking hands or caring for an infected person
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands

Activities that can prevent the spread of more common respiratory infections, like the flu, can help slow the spread of novel coronavirus.

What are the symptoms?

- Common signs of infection: Respiratory symptoms, fever, cough, shortness of breath and breathing difficulties
- In severe cases: pneumonia, severe acute respiratory syndrome, kidney failure and death

Who should get tested?

- 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
- Please **do not call 911** to request testing for COVID-19 and please **do not go to local emergency rooms** unless you are seriously ill and require emergency care
- If you have respiratory illness and want to know if you should be tested for COVID-19, it is best to call your health care provider or, if you don't have a provider, call 2-1-1 for help finding a clinician near you

Is there a vaccine?

There is no vaccine at this time. Without a specific vaccine or treatment for this disease, **social distancing is the most effective and readily available tool we have to slow the spread of novel coronavirus**. Everyone should be aware and practice social distancing.

Who are the vulnerable populations?

The following groups are at higher risk for experiencing severe illness from COVID-19:

- **Older adults** (65 years and older)
- **Pregnant women**
- **Individuals with underlying health conditions** such as heart, lung or kidney disease, diabetes, cancer or compromised immune systems

Where can I get more information?

Beach Cities Health District bchd.org/coronavirus

Los Angeles County Department of Public Health publichealth.lacounty.gov/media/Coronavirus/

Centers for Disease Control and Prevention (CDC) cdc.gov/coronavirus

World Health Organization who.int/health-topics/coronavirus