



PRACTICE SOCIAL DISTANCING

Beach Cities Health District is following guidance from the Los Angeles County Department of Public Health on the 2019 novel coronavirus (COVID-19) and recommends that the following groups **practice social distancing immediately** and avoid being in close contact with others who are ill:

- **Older adults (aged 65 years and older)**

- o Early data suggest older adults are twice as likely to have serious COVID-19 illness. This may be because immune systems change with age, making it harder to fight off diseases and infection. Older adults also are more likely to have underlying health conditions that make it harder to cope with and recover from illness.

- **Pregnant women**

- **Individuals with underlying health conditions such as:**

- o Heart, lung or kidney disease
- o Diabetes
- o Cancer
- o Compromised immune systems


Pregnant women, individuals with underlying health conditions and older adults are at a higher risk for experiencing severe illness from COVID-19

Social distancing is used to slow the spread of infectious diseases. Social distancing measures include:

- Avoid nonessential travel
- Avoid public gatherings, places where large groups congregate and event venues
- Avoid crowds, especially in poorly ventilated spaces
- Use verbal salutations in place of handshakes or hugs

We will continue to monitor the situation and may cancel events if needed.

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Source: Los Angeles County Department of Public Health

For up-to-date information, visit bchd.org/coronavirus

