Protect Yourself and Others from NOVEL CORONAVIRUS

Stay home if you are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, cough into your elbow.

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 your hands after you touch surfaces such as poles, turnstiles, straphangers or handles.

Limit close contact with people who are sick. Try to use buses and trains when it is not as busy. Leave earlier or later for work if possible.

Don’t wear a mask if you are well unless a healthcare professional advises it. Cloth face coverings like a bandana or scarf should be used when in public.

RIDE SAFELY

www.publichealth.lacounty.gov/coronavirus