

# What you need to know (COVID-19)

**Recent Updates:**

8/20: When singing or chanting outdoors individuals need to be spaced 8-10 feet apart.  
(Changes highlighted in yellow)

## 1. How is COVID-19 spread?

Like other respiratory illnesses, human coronaviruses most commonly spread to others from an infected person who has symptoms through:

- Droplets produced through coughing and sneezing
- Close personal contact, such as 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

Some people get COVID-19 without ever showing symptoms but they can still spread the infection to others.

## 2. What are the symptoms?

Reported illnesses have ranged from people with mild symptoms to people becoming severely ill, requiring admission to the hospital, and dying.

Symptoms of COVID-19 may include some combination of the following: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, nausea or vomiting, diarrhea, congestion or runny nose, or new loss of taste or smell. This list of symptoms is not all inclusive.

If you develop any of these symptoms or any other symptoms that are concerning to you, consult your medical provider. If you are having serious symptoms such as difficulty breathing, feel pain or pressure in your chest, have bluish lips or face or are experiencing a new onset of confusion or difficulty waking up, call 9-1-1 or go to an emergency room. If you do not have a medical provider, call 2-1-1.

## 3. How can I protect myself and others?

- Avoid close contact with people who are sick
- Wear a face covering over your nose and mouth whenever you are around or could be around people that are not from your household.
- Try to keep about 6 feet of distance from other people.
- Wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.
- 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).
- Don't share food or drinks with others.
- Try to clean frequently touched objects and surfaces using a household cleaning supplies or alcohol wipes.

## 4. What do I do if I have COVID-19 symptoms?

If you get fever, cough, shortness of breath or difficulty breathing, or your provider tells you that you are likely to have COVID-19, you should follow the *Home Isolation Instructions* ([ph.lacounty.gov/covidisolation](http://ph.lacounty.gov/covidisolation)). These include staying home for at least 10 days from when your symptoms first appeared AND at least 1 day (24 hours) after

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your fever has gone without the use of medications AND your symptoms (such as cough and shortness of breath) have improved.

Be sure to tell all of your [close contacts](#) that they need to be in quarantine for 14 days after their last contact with you. See the *Home Quarantine Instructions for Close Contacts to COVID-19* ([ph.lacounty.gov/covidquarantine](http://ph.lacounty.gov/covidquarantine)) for additional guidance.

People with symptoms other than fever, cough or shortness of breath should talk to their provider about whether they might have COVID-19 and whether they should stay isolated at home.

Older adults, and those with weak immune systems or underlying health problems who experience COVID-19 symptoms should call their doctor early, even if they have mild symptoms.

People with emergency warning signs that include difficulty breathing, chest pain or pressure, bluish lips or face, confusion or difficulty waking up should call 9-1-1 immediately or go to an emergency room. If it is not urgent, call your doctor before going in to seek care.

For more guidance, read *Learn About Symptoms & What To Do If You Are Sick* ([ph.lacounty.gov/covidcare](http://ph.lacounty.gov/covidcare)).

## 5. Are we allowed to hold services indoors?

Indoor services are not allowed at this time. As outlined in the [Places of Worship](#) Public Health protocol, virtual recording of services or ceremonies are allowed indoors, as long as infection control and physical distancing requirements are followed, and no more than 10 individuals participate in the production and broadcast processes. It is important to note that the chanter/singer should be in a separate room from the other individuals. A plexiglass barrier to separate a person chanting/singing would be insufficient unless it extends from the floor to the ceiling. If singing will be occurring outside, and the congregation will be participating in the singing or chanting as well, everyone will need to be **at least 8-10 feet apart** from non-household members and should be wearing a face covering.

## 6. Are there restrictions that outdoor services need to adhere to?

Outdoor services must adhere to infection control and physical distancing requirements as outlined in the [Places of Worship](#) Public Health protocol.

- Chanting/singing can be conducted in outdoor settings with **8-10 feet** of distance between the chanter or singer and others. Everyone should be wearing a face covering.
- Avoid multiple people touching religious objects and provide hand sanitizer to avoid the spread of germs.
  - Ideally the Torah scroll(s) should be presented to the congregation from a distance to minimize contact with multiple individuals.
  - Religious items should not have contact with the face or lips of the congregants. If a processional with the Torah scroll(s) must occur encourage congregants not to touch their hands, prayer book, or prayer shawl (tallit) to their lips and then touch these items to the Torah. Similarly, after touching the Torah, individuals should not put their hands, prayer shawl, or prayer book to their lips.
  - Individuals who choose to touch the Torah scroll(s) with their hands (without touching their lips) should be advised to use hand sanitizer both before and after touching the scroll(s).
- During High Holy Day services, the shofar (ram's horn) should be blown away from others with more than 12 feet of distance from other individuals.

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- Those who will be performing an Aliyah (reading directly from the Torah), will need to stand **at least 8-10** feet away from others if they will be chanting blessings or reading from the Torah. These individuals should be wearing a face covering.

## **7. Can outdoor services take place at a city/county park, school or other public spaces rather than at a place of worship's site?**

Services can take place in public parks or spaces as long as infection control and physical distancing requirements are maintained. Contact your local city park service, LA County Parks and Recreation or the relevant overseeing agency for additional information and restrictions regarding the site that you are planning to use. The use of school grounds should not occur during school hours or when students or staff may be on campus.

## **8. Are observances or gatherings allowed in private homes?**

Gatherings to break fasts or other observances with individuals that are not part of your household are not allowed currently either indoors or outdoors at a private residence. You can find other ways to share in these observances such as virtual gatherings online or through other communication methods.

## **9. Are clergy allowed to visit the sick in their homes?**

Clergy should not be visiting individuals with COVID-19 or suspected of having COVID-19 at home during this time. Consider alternatives such as virtual visits done via electronic means or communicate with these individuals by phone. If the visit is for someone who is homebound due to non-COVID related conditions and cannot be avoided, pre-screen the individual by asking them if anyone in the household has any of the symptoms listed on page 1 or has been in contact with someone diagnosed with COVID-19 or thought to have COVID-19. If the answer is yes to these questions, defer the visit or conduct a virtual visit. If there is no concern of COVID in the household, the following measures should be followed at the home visit:

- Wash your hands thoroughly and often. Use soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer that contains at least 60% alcohol for at least 20 seconds.
- Limit close contact with others and practice physical distancing. Maintain a distance of at least 6 feet from anyone other than a member of your household.
- Routinely clean and disinfect any objects that are frequently touched or that may come into contact with others using regular household cleaning spray or wipes.
- Don't share objects such as utensils, cups, food and drink.
- Avoid skin-to-skin contact (such as shaking hands) with others.
- Wear a cloth face covering and ask the homebound individual to wear a face covering. If you or the homebound individual have been told by a medical provider not to use one, consider whether a home visit is feasible for you.
- A shofar (ram's horn) should be blown only in outdoor settings and away from others with more than -12 feet of distance from other individuals.

## **10. Who should I contact if I have a complaint?**

If you are made aware of religious services that are taking place indoors or that are not in compliance with other posted requirements under the Health Officer Order you can contact the Customer Call Center: (888) 700-9995 (M-F 8:00 a.m.-5:00 p.m.) or Email: [Ehmail@ph.lacounty.gov](mailto:Ehmail@ph.lacounty.gov). You can also [file an online complaint with Environmental Health](#).