COVID-19 is a new type of illness that recently started making people sick. It’s mainly spread through droplets from an infected person’s cough or sneeze.

1. **What are the symptoms?**
   - Cough, fever, difficulty breathing are common symptoms. Other symptoms are chills, shaking due to chills, muscle pain, headache, sore throat or loss of taste or smell.
   - Most people with COVID-19 have mild symptoms and get better on their own.
   - But people who are older or have health problems can get very sick. If you have any of these symptoms, talk to a healthcare provider about testing, isolation and care.

2. **How can I protect myself and others?**
   - Stay at least 6 feet away from anyone else. Some people who are sick do not show it, so avoid close contact whenever you can.
   - Wash your hands often with soap and water for 20 seconds or use hand sanitizer with 60% alcohol.
   - Avoid touching your eyes, nose, or mouth.
   - Wear a cloth face covering. Many outreach teams have coverings to give out. If you cannot get one of those, use a scarf or other cloth to cover your nose and mouth.

For more information, visit our website at www.publichealth.lacounty.gov
Protect Yourself and Others from Novel Coronavirus (COVID-19)

• If you are over 65, have health problems or are pregnant, consider staying at a shelter or other type of housing until the outbreak ends. They have services to help you avoid getting sick.
• 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).
• Do not share drinks, food, pipes, cigarettes, bedding, blankets.
• If you share space with someone, sleep with your heads at opposite ends of the space.
• Try to clean things that you or others touch a lot with a household cleaner or alcohol wipes.

3. What if I get sick?
• Contact your doctor. If you don’t have one, call 211 to find one. A doctor or clinic can help you get your care while you are sick.
• Let an outreach worker or health care street team know you are sick. They can help you get care, find a safe place to stay or get supplies you need to get better while you’re on the street.
• Wear a mask and keep as far as you can from other people.
• If you feel worse, call 911 or go right away to an emergency room.