NOVEL CORONAVIRUS (COVID-19)

What You Need to Know

• The immediate risk to the general public in Riverside County is low. Public Health is carefully assessing this situation as it evolves.

• COVID-19 is a new type of virus that recently started making people sick. It started in mainland China but is now also infecting people in other countries.

How is it spread?

Through droplets when an infected person coughs or sneezes

Close personal contact, such as caring for an infected person

What are the symptoms?

Fever
Cough
Difficulty Breathing

What can I do to protect myself and others from respiratory infections like COVID-19?

✓ Stay home when you are sick.
✓ Limit close contact with people who are sick.
✓ 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 and disinfect frequently touched objects and surfaces.
✓ 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).
✓ Use facemasks only if you are sick or have been instructed to do so by your health care provider.
✓ Get a flu shot to prevent influenza if you have not done so this season.

Adapted from Los Angeles County Dept. of Public Health