

NEWS RELEASE



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Public Health continues to recommend that the public do the following to protect themselves and others from respiratory illnesses:

- Avoid non-essential travel, public gatherings, or places where large groups of people congregate, such as ticketed events (such as theaters, concert halls, and sporting events) if you are at higher risk of getting very sick from infection, such as the elderly (65 or older), people with underlying health conditions, and pregnant women.
- Abstain from all cruise ship travel, as suggested by the Centers for Disease Control and Prevention (CDC).
- Avoid travel to all areas where there are outbreaks of COVID-19.
- Follow all social distancing recommendations issued by Public Health.
- If you are mildly sick with a fever, stay home until you have been fever-free for 72 hours, except to get medical care.
- Those with high risk factors and who have fever or new or worsening cough, should consider contacting their providers earlier when they are sick.
- Event organizers should consider postponing or cancelling non-essential community events, especially those that may be attended by the elderly, pregnant women, or people with chronic health conditions.
- Additional things you can do to protect yourself, your family and your community on our website.

Always check with trusted sources for the latest accurate information about novel coronavirus:

- Los Angeles County Department of Public Health <http://publichealth.lacounty.gov/media/Coronavirus/>
- California Department of Public Health <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- World Health Organization <https://www.who.int/health-topics/coronavirus>
- LA County residents can also call 2-1-1