

INFORMATION ON WAYS TO HELP IN YOUR COMMUNITY

The key to helping during a crisis, is making sure that you keep yourself physically and mentally well. Some ways to stay healthy year round are to drink plenty of water, eat healthy foods, rest, and wash your hands frequently for at least 20 seconds. If you have decided to be of service to your community, and you start to feel ill, make sure to stay home until your symptoms have gone away.

HOW CAN I HELP?



Know the facts of the situation. By sharing the facts and not hearsay, you can help lower anxieties of those around you.



Check on your neighbors. Help those who need to avoid large crowds with their grocery shopping, medication delivery, or just say "hi". When you visit, remember to stay a minimum of 6 feet apart.



Promote healthy habits (See below).



Stock up on food and supplies responsibly. Encourage those around you to do the same.

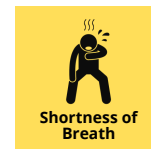
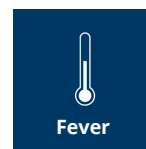
WHAT IS COVID-19?

Coronavirus Disease 2019 (COVID-19) is a respiratory virus that is spreading worldwide, and was first identified in December 2019.

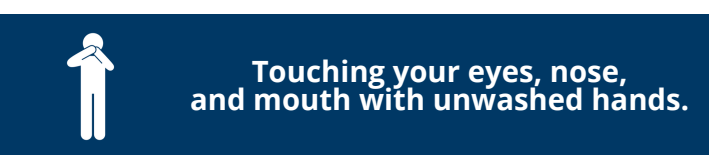
The Long Beach Health Department is closely monitoring the situation and taking steps to keep Long Beach safe.

WHAT ARE THE SYMPTOMS?

Current symptoms reported have included mild to severe respiratory illness with fever, cough, and difficulty breathing.



HOW IS IT TRANSMITTED?



I FEEL ILL, WHAT DO I DO?

If you are experiencing fever, cough or shortness of breath call your doctor first. They will provide you with next step instructions. Unless it is a life threatening emergency, then call 911.

WAYS TO STAY HEALTHY

- Wash your hands with soap and water often for at least 20 seconds
- Avoid touching eyes, nose, and mouth with unwashed hands
- Avoid contact with people who are sick
- Cover your cough or sneeze with a tissue and throw the tissue in the trash
- Stay home if you are sick
- Clean and disinfect frequently touched objects and surfaces