

COVID-19 What You Need To Know

longbeach.gov/covid19

WHAT IS COVID-19?

Coronavirus disease 2019 (COVID-19) is a respiratory illness caused by a novel (new) coronavirus. Coronaviruses are a large group of viruses that are common among animals and humans. Most human coronaviruses cause only mild to moderate upper-respiratory tract illnesses, like the common cold. Novel coronaviruses like COVID-19 can cause serious and widespread illness and death because the new pathogen is not yet recognized by individuals' immune systems.

COVID-19 SYMPTOMS

COVID-19 symptoms can range from mild (or no symptoms) to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People may have a combination of various symptoms.



Fever



Cough



Shortness of
Breath or Difficulty
Breathing



Sore Throat



Headache



New Loss of
Taste or Smell



Chills



Muscle Pain



Repeated shaking
with chills

COVID-19 TRANSMISSION



Close personal
contact, such as
touching and
shaking hands



Droplets while
coughing
and sneezing



Touching your
eyes, nose, and
mouth with
unwashed hands

HOW DO I PREVENT THE SPREAD OF COVID-19?

Stay home as much as possible and avoid close contact with others.

Wash your hands with soap and water often for at least 20 seconds, or use an alcohol based hand sanitizer that contains at least 60% alcohol.

Avoid touching eyes, nose and mouth with unwashed hands.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Wear a cloth face covering that covers your nose and mouth in public settings.

Clean and disinfect frequently touched objects and surfaces.

AM I AT RISK?

Everyone is at risk of getting COVID-19. Older adults and people of any age with underlying health conditions may be at higher risk for more severe illness.

WHAT IS THE TREATMENT?

Most people will recover on their own. There are no specific treatments for COVID-19.

HOW IS IT DIAGNOSED?

People can get tested through their doctor or at a test site in Long Beach. Visit longbeach.gov/COVID19 and click the COVID-19 Testing link for more info.