ILLNESS PREVENTION TIPS

Wash your hands with soap and water often for at least 20 seconds.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact with people who are sick.

Clean and disinfect frequently touched objects and surfaces.

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

Stay home if you're sick.

FOLLOW US: @lbhealthdept

To request this information in an alternative format or to request a reasonable accommodation, please contact the Health and Human Services Department at He-Phem@longbeach.gov. A minimum of three (3) business days is requested to ensure availability. Reasonable attempts will be made to accommodate request made within less than three (3) business days.