



## WHAT IS COVID-19?

Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.

COVID-19 symptoms can range from mild or no symptoms to severe illness.



## 14-DAY INCUBATION PERIOD

The incubation period for COVID-19 could be 2 to 14 days. If you've been exposed, it's critical to self quarantine for 14 days. During this time, you could infect others with the virus.



## KNOW HOW COVID-19 IS SPREAD

You can become infected by coming into close contact (about 6 feet) with a person who has COVID-19.

The virus spreads through respiratory droplets from an infected person when they cough, sneeze or talk.



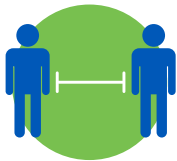
## WHAT TO DO IF YOU ARE SICK

Stay home if you are sick, except to get medical care.

Avoid public transportation, ride-sharing or taxis.

Separate yourself from other people and pets in your home.

If you need medical attention, call ahead.



## PROTECT YOURSELF AND OTHERS FROM COVID-19

Wear a mask that covers your nose and mouth.

Avoid large gatherings, especially indoors, with people who don't live with you.

Get a COVID-19 vaccine when it is available to you.

Avoid crowds and poorly ventilated indoor spaces.

Wash your hands often with soap and water. Use hand sanitizer if soap and water aren't available.



## KNOW YOUR RISK FOR SEVERE ILLNESS

Everyone is at risk of getting COVID-19.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



INFORMATION ABOUT HEALTH AND SAFETY PROTOCOLS AND LA COUNTY PUBLIC HEALTH ORDER

[www.cpp.edu/saferreturn](http://www.cpp.edu/saferreturn)