

Health Guidelines for All

Center for Disease and L.A. County Department of Health

If you or someone you know has traveled to Wuhan and feel sick, please:

- - Stay home and avoid contact with others, except for seeking medical care.
 - Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
 - Do not travel while sick.
 - Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.

If you or someone you know is planning on traveling to Wuhan, the following are important steps to take:

- - Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
 - Avoid contact with sick people.
 - Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

Stay home when you are sick

Stay home from work and school and try to avoid errands when you are sick. This will help prevent spreading the illness to others.

Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Cover your mouth and nose

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by coughing, sneezing or unclean hands.

Clean your hands

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub. Here is a three-minute video from the CDC about proper handwashing: <https://youtu.be/eZw4Ga3jg3E>

Practice other good health habits

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

For more flu prevention tips, visit <http://publichealth.lacounty.gov/index.htm>

If you have any questions, please contact District Nurse Julie Ferebee at 661.789.6718. We thank you for your cooperation and support.