

# Protect Yourself from COVID-19

## COVID-19 IS STILL IN OUR COMMUNITY

FOLLOW INFECTION CONTROL PRACTICES AT ALL TIMES



### WEAR

cloth face coverings in  
businesses & around  
others



### MAINTAIN

Physical Distancing  
of 6 feet



### WASH

your hands  
frequently &  
for 20 secs



### AVOID

touching your face  
with unwashed hands



### SELF-ISOLATE

if you have COVID-19  
for 10 days+ 24 hours  
after fever free and  
symptoms have  
improved



### SELF-QUARANTINE

for 14 days if you are  
exposed or in close  
contact with an  
infected person

For more information, visit: [publichealth.lacounty.gov/coronavirus](https://publichealth.lacounty.gov/coronavirus)

