

# COVID-19

WHAT YOU NEED TO KNOW

## WHAT IS COVID-19?

Coronavirus Disease 2019 (COVID-19) is a respiratory virus that was first identified in December 2019 in Wuhan, Hubei Province, China. This virus probably originally emerged from an animal source but is now spreading from person-to-person.

The Long Beach Health Department is closely monitoring the situation and taking steps to keep Long Beach safe.

## HOW IS IT TRANSMITTED?



Close personal contact, such as touching and shaking hands



Droplets while coughing and sneezing



Touching your eyes, nose, and mouth with unwashed hands

## HOW IS IT DIAGNOSED?

Health care providers will assess patients and consult with the Health Department on whether testing is indicated.

## WHAT IS THE TREATMENT?

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

## HOW DO I PREVENT THE SPREAD OF COVID-19?



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



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



Avoid close contact with people who are sick.



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



Stay home if you are sick.



Clean and disinfect frequently touched objects and surfaces.

## WHAT ARE THE SYMPTOMS?

Current symptoms reported have included mild to severe respiratory illness with fever, cough, and difficulty breathing.



Fever



Shortness of  
Breath



Cough

## AM I AT RISK?



I have traveled within the last two weeks.

OR



I have had close contact with someone who has COVID-19.

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I have become ill with fever and cough or shortness of breath.

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**Contact your healthcare provider to determine if testing is needed.**