LA COUNTY
ROAD TO
RECOVERY
REDUCE YOUR RISK OF
COVID-19 OUTSIDE THE HOME

TAKE STEPS TO REDUCE YOUR RISK

- Wash your hands often
- Wear a cloth face covering around others
- Avoid touching your face
- Avoid sharing food, drinks, toys, sports equipment
- Avoid or clean surfaces that are touched by others
- Increase ventilation - go outside, open windows
- Keep interactions with others short
- Give yourself space from others

CHOOSE WISELY - AVOID THE THREE C’S

CONFINED SPACES - especially with poor ventilation. Outdoors is better than indoors.
CROWDS - the more people the higher the risk.
CLOSE CONTACT - staying further apart is safer than being close together.

THE MORE C’S, THE HIGHER THE RISK

WHO’S AT RISK?

EVERYONE

- 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.

PLAN AHEAD

- Stay Informed - check online or call and ask about safety measures before going to a restaurant, place of worship, salon or gym
- Be flexible - be willing to change activities to avoid the three C's

FOR MORE INFORMATION, VISIT: PUBLICHEALTH.LACOUNTY.GOV /CORONAVIRUS