

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