## COVID-19 California and L.A. County Advisory





How to implement necessary precautions at home and at work

## Practice social distancing:

 Observe at least 6 ft. from others when in public spaces (i.e. grocery stores, exercise), do not gather in groups, avoid crowded places



## Cloth face coverings should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape



Wash hands frequently, with warm water & scrubbing for 20 seconds (sing "Happy Birthday" 2x)



Wear a cloth face covering in public - medical masks are reserved only for healthcare workers



Avoid touching shared surfaces, ensure regular cleaning & disinfecting



Regularly disinfect your smartphone and desktop/keyboard