Stay home if you are sick
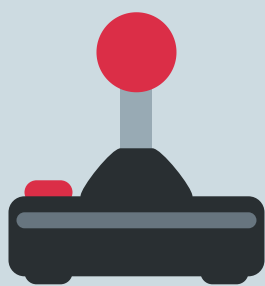
If you have or are likely to have COVID-19, you must:
1) Self-isolate
2) Tell your close contacts to self-quarantine
3) Follow the instructions for home isolation from the Los Angeles County Department of Public Health
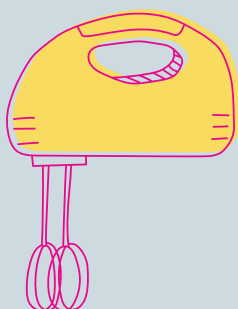For more information, visit **bchd.org/coronavirus**

Activities to do while at home
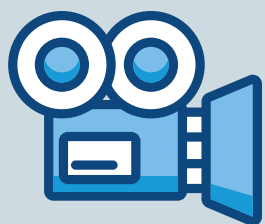
Play video games

Paint a picture

Explore a new hobby

Read a book

Watch a movie

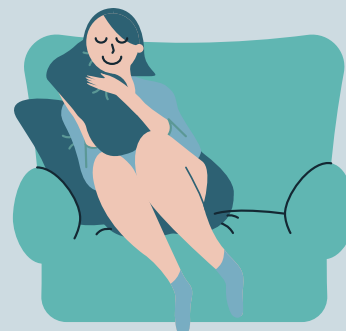## Take care of yourself

Wash your hands

Practice good hand hygiene by washing your hands with soap and water for at least 20 seconds.

Stay at home.

Self-isolate in your home away from other household members. Have food and supplies delivered.

Monitor your symptoms.

If your symptoms get worse, contact your doctor. Call 911 if there are emergency warning signs: difficulty breathing, pressure or pain in chest, bluish lips or face, confused or hard to wake.

Source: **cdc.gov** (Centers for Disease Control and Prevention)

BCHD Beach Cities *Health District*
A Public Agency

Youth Advisory Council