

COVID 19: HELPING TO PREVENT SPREAD OF INFECTION, SELF CARE, AND RESOURCE GUIDE

Students who test positive for COVID-19, are likely to have COVID-19, or have been in close contact with someone who has tested positive or is likely to have COVID-19 should call Student Health Services for assistance with Mental Health or Medical concerns at **562-938-4210** or **563-938-3992**.

If you would like to be tested for COVID-19, the City of Long Beach offers free tests. Please visit: <http://www.longbeach.gov/health/diseases-and-condition/information-on/coronavirus/covid-19-testing/>

Per the Center for Disease Control and Prevention:

- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to [spread mainly from person-to-person](#).
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should:

Wash your hands often

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- It's especially important to wash:
 - Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After leaving a public place
 - After blowing your nose, coughing, or sneezing
 - After handling your mask
 - After changing a diaper
 - After caring for someone sick
 - After touching animals or pets
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Maintain 6 feet of distance between yourself and anyone who is sick and people who don't live in your household.**
- .
 - Remember that some people without symptoms may be able to spread virus.
 - [Stay at least 6 feet \(about 2 arms' length\) from other people](#).
 - Keeping distance from others is especially important for [people who are at higher risk of getting very sick](#).

COVID 19: HELPING TO PREVENT SPREAD OF INFECTION, SELF CARE, AND RESOURCE GUIDE

Cover your mouth and nose with a mask when around others

- Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Do NOT use a mask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- The mask is not a substitute for social distancing.

Cover coughs and sneezes

- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- **Clean AND disinfect [frequently touched surfaces](#) daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common [EPA-registered household disinfectants](#) will work.

Monitor Your Health Daily

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms](#) of COVID-19.
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- **Take your temperature** if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- **Create a schedule and routine.**
- **Exercise regularly.**
- **Reduce stress *.**
- **Get plenty of sleep.**
- **Maintain a healthy diet.**

Additional Online COVID-19 Resources

LA County COVID-19 information website: www.covid19.lacounty.gov

Long Beach Health and Human Services COVID-19 website: www.LongBeach.gov/COVID19.

Los Angeles County COVID-19 testing sites: www.covid19.lacounty.gov/testing

Home Quarantine Guidance for COVID 19: [HOME ISOLATION INSTRUCTIONS FOR PEOPLE WITH CORONAVIRUS-2019 \(COVID-19\) INFECTION](#) at www.LongBeach.gov/COVID19

CDC COVID-19 website: www.cdc.gov/coronavirus/2019-ncov/communication