

COVID-19 (CORONAVIRUS) IS A PANDEMIC. FOR MORE INFORMATION, GO TO: COVID19.CA.GOV



IMPORTANT PUBLIC HEALTH TERMS

PANDEMIC

A pandemic is a worldwide outbreak of a new virus. This virus spreads easily from person to person. New vaccines take a long time to make, so many people get sick quickly.



SOCIAL DISTANCING

During an outbreak, you can help yourself stay healthy by keeping 3 – 6 feet away from people. This is called social distancing. Other kinds of social distancing include:



✔ Isolation

When someone has a very contagious illness, they may be asked to stay at home or in a hospital. This is called isolation. It helps stop the illness from spreading to others.



✔ Quarantine

Sometimes, a healthy person goes near someone with a contagious disease. They can spread it before they get sick. They may be asked to stay home for a while, to see if they caught the disease. This is called quarantine.



✔ Containment

Sometimes, to stop a sickness from spreading, everyone in a community needs to stay home for a while. Public events may be canceled. Schools, businesses and workplaces may close. This containment can slow down the spread of the disease.



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PREPARE FOR PUBLIC HEALTH EMERGENCIES



EN
ENGLISH

ALSO AVAILABLE IN:
Español



GOVERNOR'S OFFICE
OF EMERGENCY
SERVICES:
CalOES.ca.gov



CALIFORNIA
DEPARTMENT OF
PUBLIC HEALTH:
cdph.ca.gov

✔ Find more tips and tools to keep you safe from natural disasters like wildfires, floods and earthquakes at LISTOSCALIFORNIA.ORG

SAFETY TIPS FOR ALL

BEFORE HEALTH EMERGENCIES



Follow trusted sources of public health news.



Stock up on food, supplies and soap to last 2 weeks.



Get a thermometer and cold and fever medicines.



Get a flu shot.



Plan what to do if family and friends get sick.



DURING HEALTH EMERGENCIES



Follow the advice of public health officials.



Cough into your elbow or a tissue.



Stay home if you are sick.



Train yourself not to touch your face.



Wash hands often with soap for 20 seconds.



Who are trusted sources of news?



Centers for Disease Control and Prevention



California Department of Public Health



Your County Public Health Department

EXTRA TIPS FOR:



CAREGIVERS FOR SICK PEOPLE

- ✓ Keep the sick person and their things away from others.
- ✓ If possible, use a separate bedroom and bathroom.
- ✓ Use separate cups, utensils and dishes.
- ✓ Pick one person to be the main caregiver.
- ✓ Keep a record of temperatures, symptoms, medicines.
- ✓ Wash hands before and after caregiving.
- ✓ Clean light switches, doorknobs, toys, other surfaces daily.
- ✓ Launder clothes, towels and bedding in very hot water.
- ✓ Keep pets away from the sick person.



PEOPLE WITH HEALTH CONCERNS

- ✓ Stay away from public places if you are at high risk.
- ✓ Make a contact list of family, caregivers and doctors.
- ✓ Keep a list of all medical conditions and prescriptions.
- ✓ Refill all prescriptions and ask for 60- or 90-day supplies.
- ✓ Discuss how to continue your care if caregivers get sick.



FAMILIES

- ✓ Explain the health risks to your children and how to stay safe.
- ✓ Practice with children how to wash hands for 20 seconds.
- ✓ Ask child care/schools about health emergency plans.
- ✓ Decide who will care for children if child care/schools close.
- ✓ Ask your employer about sick leave and working from home.
- ✓ Plan to care for family members if regular caregivers get sick.
- ✓ Protect the very young and very old from close contact with others.
- ✓ Arrange for food delivery to keep older family members at home.
- ✓ Check in often by phone with family and neighbors who live alone.
- ✓ Reach out to faith community and others to offer or ask for help.

