

# OC HUMAN RELATIONS

BUILDING COMMUNITY BY FOSTERING RESPECT, RESOLVING CONFLICT AND PURSUING EQUALITY

Serving Orange County since 1991



Be Educated. Be Informed. Be Safe!  
Reduce COVID-19

## Guidance & Support

Be in the Know of Science!

### What is COVID-19?

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

### How does the COVID-19 Virus Spread?

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

### What are COVID-19 Symptoms?

Cough Shortness of breath or difficulty breathing

Fever Chills, Repeated shaking with chills

Muscle pain, Headache, Sore throat

New loss of taste or smell

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

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## Who is at higher risk?

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions
- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
- Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI]  $\geq 40$ )
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

### Disclaimer:

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## OC Human Relations

**Building community by fostering respect, resolving conflict and pursuing equality**

**Serving Orange County since 1991**

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### Resources for Law Enforcement

Live Update of Global Cases of COVID-19

<https://www.arcgis.com/apps/opsdashboard/index>.

COVID-19 Resources:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.ecdc.europa.eu/en/novel-coronavirus-china>

<https://www.who.int/emergencies/diseases/novelcoronavirus-2019/events-as-they-happen>