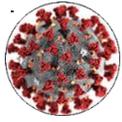




## FAQ's and Resources - COVID-19



### What is COVID-19

- Novel Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- Symptoms can range from mild (or no symptoms) to severe illnesses including affecting your lungs and airways and cause flu-like symptoms, and in some cases, can be fatal. Symptoms include:
  - Cough, shortness of breath, difficulty breathing, fever or chills, muscle or body aches, headache, sore throat, loss of smell or taste, fatigue, congestion, runny nose, nausea, vomiting, or diarrhea.
- Symptoms can appear 2 – 14 days after exposure to the virus. Some people may not display any symptoms.



### How COVID-19 is spread

- You can become infected by coming into close contact with a person who has COVID-19.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You can get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



### Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible to avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



### Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



### Prevent the spread of COVID-19 if you are sick

- Stay at home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



### Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness such as those with cardiovascular disease, diabetes, chronic respiratory illness, high blood pressure, and cancer.



### Shelter-in-Place

This unprecedented action is an effort to reduce the spread of the novel coronavirus. It asks you to remain at home unless you have an essential reason for going out such as going to work, get medical care, or pick-up groceries, produce, or medical supplies, or check on a loved one. It limits residents' travel, mandates social distancing and substantial limited public and private gatherings with all non-essential travel prohibited.

## Resources:

- [Alameda County Face Covering Order](#)
- [Alameda County Health Officer Orders](#)
- [Summary – Latest Alameda County Health Orders](#)

- [Alameda County Public Health Department](#)
- [Alameda County Press Release - June 5, 2020](#)
- [Reopening Plan](#)
- [How to Make a Face Covering](#)
- [Staying Well While Sheltering at Home](#)
- [Centers for Disease Control and Prevention](#)

- [Alameda County COVID-19 Dashboard 1](#)
- [Alameda County COVID-19 Dashboard 2](#)
- [Meal Programs for the Public](#)
- [City Contact Numbers During COVID-19](#)