



**TULARE COUNTY  
HEALTH & HUMAN SERVICES AGENCY**

Timothy W. Lutz, MBA  
Agency Director

Karen M. Elliott, MBA • Director • Public Health Branch Director  
Karen Haight, MD, MPH • County Health Officer

**PUBLIC HEALTH ADVISORY:  
Protections to Reduce Your Risk for Contracting COVID-19**

Tulare County Public Health would like to provide tips and reminders to the community to remain safe as stay-at-home restrictions are modified. Health officials advise residents to remain vigilant in protecting themselves from contracting COVID-19. To ensure the safety of our community and to help navigate this new normal, it is important to remember that every person plays a role in preventing the spread of COVID-19.

*Five Essential Actions* are recommended to help minimize risk, reduce the spread of COVID-19, and safely maintain Tulare County's reopening efforts. It is imperative that community members continue to implement these actions through every phase of the reopening plan to prevent the spread of COVID-19.

**1. Social Distancing**

Physical distancing (also called social distancing) means keeping space between yourself and other people who do not live with you. To practice physical distancing:

- Stay at least 6 feet from people who are not part of your household
- Avoid hand shaking or high fives
- Avoid social and family gatherings of any kind with others outside those who you live with
- Avoid crowded spaces and mass gatherings

**2. Cloth Face Coverings**

When outside the home, the wearing a cloth face covering (masks) by individuals is strongly encouraged. Cloth face coverings are intended to shield droplets from the mouth and nose and prevent the release of potentially infectious droplets. This reduces the risk of spreading COVID-19 if someone is asymptomatic or pre-symptomatic. Avoid touching your face and eyes.

**3. Hand Washing**

Frequently washing your hands with soap and water for 20 seconds helps to remove the virus from your hands if you've come in contact with it. If soap and water are not available and your hands are not visibly soiled, hand sanitizer that contains at least 70% alcohol can be used.

Remember to wash your hands after you have been in a public place or touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, phones, keyboards, or electronic cashier registers/screens, etc.



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#### **4. Disinfecting Surfaces**

Regularly disinfecting surfaces with soap and water or EPA-registered household disinfectants (including bleach and cleaners containing at least 70% alcohol) helps to prevent transmission of the virus from droplets that may have settled on surfaces or have transferred to commonly used surfaces through touch.

#### **5. Stay Home If Sick or You Are Instructed to Isolate/Quarantine by a Medical or Public Health Professional**

If you are sick or have been instructed to stay home by a medical professional, stay home. Symptoms of COVID19 can be varied and mild initially. Call your medical provider if you have questions about any symptoms. The strategies listed above rely on people staying home when they know they feel sick or have been told to self-isolate/quarantine. If you feel sick and are concerned, contact 2-1-1 or your primary care physician. If possible, ask others to deliver needed supplies instead of going to the store. If you live with others, follow CDC guidance for caring for someone who is sick at home.

#### **High-Risk Individuals**

Higher-risk individuals include those over the age of 65 and those with serious underlying health conditions, such as high blood pressure, chronic lung disease, diabetes, obesity, or asthma, and those whose immune system is compromised.

Throughout the whole reopening process, higher-risk individuals are strongly encouraged to follow the guidance specifically for vulnerable populations. Residents who are 65+ and individuals with underlying conditions should stay home, and when in public, wear a face covering when unable to maintain a 6-foot distance from others.