



INYO COUNTY EMERGENCY OPERATIONS

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COVID-19 PREVENTATIVE MEASURES

Protecting yourself, your family, and your community

INYO COUNTY, April 6, 2020 – COVID-19 is thought to spread mainly between people who are in close contact with one another (within about 6 feet). When an infected person coughs or sneezes, respiratory droplets can be inhaled into the lungs of those in close proximity, which is why it is recommended that you wear a face mask every time you leave your residence for essential activities. There is currently no vaccine to prevent COVID-19, but there are preventative measures that can limit exposure to the virus.

Preventative measures include:

- Wearing a cloth mask or face cover. CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. For a tutorial on how to make a mask with at-home items, visit the CDC face-coverings link: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- Handwashing with soap and warm water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Do not touch your face with unwashed hands.
- Practice social distancing, and avoiding contact with sick individuals. Staying at home and only leaving for essential services is mandatory.
- Cover your mouth when you cough or sneeze. If you do not have a face cover, always cover your nose and mouth with a tissue that you immediately throw away.
- Disinfect surfaces often. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. For guidance on how to properly clean and disinfect household items visit the CDC link on Cleaning and Disinfecting. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>
- Follow all State and Local Public Health Orders – these mandatory Orders are in place for your safety and the safety of others: <https://www.inyocounty.us/covid-19/orders-directives>

"I'm proud of the efforts of Inyo County and our citizens in containing the COVID-19 virus. If we all do our part by following the guidelines as described, we can continue to control the number of COVID-19 cases and the impacts to our communities," stated Inyo County District 5 Supervisor, Matt Kingsley.

The County of Inyo is committed to keeping the public up to date with the most accurate and timely information. All COVID-19 Updates and Press Releases can be found by visiting: <https://www.inyocounty.us/covid-19> . You can also register your email so you receive all Inyo County COVID-19 information by clicking either Situation Update or Press Releases from the left-side menu.