Coronavirus

The best way to prevent illness is to avoid being exposed to this virus. The virus is thought to spread mainly from person-to-person between people who are in close contact with one another (within about 6 feet). This occurs through respiratory droplets produced when an infected person coughs or sneezes with the potential of fomite transfer. These droplets can land in the mouths or noses of people who are nearby, on surfaces, or possibly be inhaled into the lungs. Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Every person has a role to play.

- If you feel sick, stay home. Do not go to work. Contact your medical provider.
- If your children are sick, keep them at home. Contact your medical provider.
- If you are an older person or have a serious underlying health condition (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.
- Wash your hands, especially after touching any frequently used item or surface.
- Disinfect frequently used items and surfaces as much as possible.
- Sneeze or cough into a tissue, or the inside of your elbow.

Riverside County Environmental Health is committed to providing guidance to the public and businesses we serve. Continue to visit this page for additional information that will be posted here as it becomes available.