

The City of National City has prepared for a public health emergency such as the new coronavirus. For our community to be truly prepared, we need your help. Please follow this guidance from the [Centers for Disease Control and Prevention](#).

Follow common sense health tips

- Wash your hands often throughout the day with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that has 60% alcohol. Wash Your Hands the Right Way [Poster](#)
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home when you are sick.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces. [See list of approved disinfectants.](#)

Have supplies on hand

- Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.
- If you cannot get extra medications, consider using mail-order for medications.
- Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.

Take everyday precautions

- Avoid close contact with people who are sick
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)

If you are at a higher risk

- Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- Avoid all non-essential travel including plane trips, and especially avoid embarking on [cruise ships](#).

If COVID-19 is spreading in your community, take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.

- Stay home as much as possible.
- Consider ways of getting food brought to your house through family, social, or commercial networks
- [Have a plan for if you get sick:](#)
- **Consult with your health care provider for more information about [monitoring your health for symptoms suggestive of COVID-19.](#)**
- Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
- Determine who can provide you with care if your caregiver gets sick
- Watch for symptoms and emergency warning signs
- Pay attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs*:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face

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